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COMPUTER: FIND THE GROSS COCONUT-FILLED ONE

FOOD-SCANNING TECH MAY BE ON THE HORIZON PAGE 4

Where did little 'Maria' come from?

Roma couple accused of abducting girl and welfare fraud, but their lawyer says it was an act of charity PAGE 12

Raptors claw back twice for double OT win

Last-second dunk keeps Raps alive vs. Knicks, then three-pointer at the buzzer offers a third chance PAGE 42

Food to take in so you can work out

Dietician breaks down what to eat before and after your workout to maximize the gain for your pain PAGE 27

NEWS WORTH SHARING.

Ford vouched for man with criminal past

Driver's licence denied. Man has second-degree murder, stunt driving convictions on record

Mayor Rob Ford wrote a character reference on City of Toronto letterhead vouching for a tow-truck operator with a serious speeding conviction after municipal staff refused to reinstate the man's licence, deeming him a potential public danger.

In a January 2012 letter to a city tribunal, the mayor wrote: "I have known Mr. Douglas Sedgewick through my role as an elected official active in the community. Mr. Sedgewick ... has always conducted himself in a courteous and polite manner."

Sedgewick told Torstar News Service he has towed Ford from time to time and that his girlfriend is close with the mayor. Ford was "somewhat" aware of his past, including a murder conviction, Sedgewick said.

The Toronto Licensing Tribunal overruled municipal staff and granted a licence with conditions. The murder conviction was not considered.

Municipal staff were concerned because Sedgewick had been caught speeding 115 km/h in a 60 zone. He had also been pulled over twice and found to have an expired licence.

Sedgewick was convicted of second-degree murder in 1982. He said he has "paid his debt" for the "terrible, terrible" thing he did as a young man.

On Feb. 9, 1981, Sedgewick, then 20, and an accomplice, armed with rifles, broke into a Brampton-area home, according to court documents and stories in the Brampton Guardian. They had learned there was money inside.

When resident Scott Pearson, 26, grabbed the accomplice's gun, Sedgewick ordered Pearson to drop it, then shot him in the chest, according to the stories.

Ford and his staff have not responded to requests for comment. TORSTAR NEWS SERVICE

Learn more

For the full details, go to metronews.ca.

ROCK 'N' ROLL RADIANCE

A model walks the runway during the Beaufille show on Monday as the World MasterCard Fashion Week kicks off in Toronto. The brainchild of siblings Chloe and Parris Gordon, the Beaufille line features feminine style with a strong rock 'n' roll influence. FRANK GUNN/THE CANADIAN PRESS

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Transportation

Bloor could be next bike-lane battle

A cyclist with no designated lane in Toronto. TORSTAR NEWS SERVICE

Bloor Street is poised to become Toronto's next bike-lane battleground now that the public works committee has asked staff to examine the impact of cycling routes on the major east-west corridor.

This environmental assessment is the first step in a long process. Works chair Denzil Minnan-Wong — the lone dissenter in the 5-1 vote Monday — warned the debate over Bloor would be just as bitter as the three-year fight over bike lanes on Jarvis Street.

"No matter what the result of the environmental assessment is there will be an initiative by certain members of council to push for (bike lanes) anyway," Minnan-Wong said.

The public works committee asked city transportation staff to look at the feasibility of installing a dedicated bike route on Bloor Street at the same time as an assessment of proposed lanes on parallel Dupont Street. Among other things, the environmental assessment would evaluate the impact on car traffic, street parking and commercial loading.

The request for the $250,000 assessment now goes to city council, where Minnan-Wong predicted a "vigorous debate."

TORSTAR NEWS SERVICE

Unpaid interns: Are we not workers?

Research shows. When it comes to unpaid interns, there are no reliable numbers and no one is keeping track

When grad students James Attfield and Isabelle Couture wanted to study unpaid interns in Canada, they turned to government.

They quickly learned no federal or provincial agency tracks interns. Statistics Canada does not keep data on interns and neither does Human Resources and Skills Development Canada. In Ontario, the category simply doesn't exist.

Couture and Attfield, both 28, designed a survey, in conjunction with the Canadian Intern Association, to find out who is doing internships, paid or unpaid, something they say government should know.

"Frankly, the fact that two students researchers are the ones tackling the data collection for this issue — something far better suited to our official statistics agency — is embarrassing and deserves public attention," Couture said.

She and Attfield are working toward a Master of Public Administration from the University of Victoria, but are based in Ottawa.

"We knew there was a knowledge gap and after some research realized there were no real statistics that had been collected on interns in Canada other than some estimates as to their number."

"There is no such thing, in law, as an unpaid internship," said provincial Labour Minister Yasir Naqvi in an interview this week.

Naqvi pointed out that all workers are entitled to coverage under the Employment Standards Act, regardless of whether they are designated an intern. But under the law, an exemption is made for students working free under the auspices of a school program.

The labour ministry encourages young workers who feel their rights are not being respected to file a complaint.

But there is no way of knowing how many have filed those complaints because the department does not record them by job title, including intern.

Another gap in the law leaves unpaid workers without protection from the Occupational Health and Safety Act, Ontario's "cornerstone legislation" for workplace safety.

TORSTAR NEWS SERVICE

Not on the books

Estimates vary, but some suggest there could be up to 300,000 unpaid interns in Ontario alone, including 100,000 who are not on the books and not always protected by workplace safety laws.

Uuuuh ... Happy Halloween?

John Corcoran is pictured at his Pitt Avenue home with the sign that is the source of a dispute between two Scarborough families, locked in a bitter feud that blew up last week, after 10 years as friendly neighbours. Both neighbours say they have called the city and police several times to report alleged wrongdoing but the bad behaviour persists. Neither was sure how to dial down the over-the-fence tension until police suggested last week they try formal mediation. They agreed but are still fighting. Go to metronews.ca for full story.

ZOE MCKNIGHT/TORSTAR NEWS SERVICE

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Scan to see what's really in your food

No more mystery meats. Decoding your lunch's ingredients could be just an app away, crowdfunding campaigners say

JESSICA SMITH
jessica.smith@metronews.ca

A Toronto-based company has launched a crowdfunding campaign to create a scanner and companion smartphone app that can tell you the chemical makeup of your food.

It's like a Star Trek tricoder for your lunch.

TellSpec Inc. was launched by Isabel Hoffmann, a businesswoman with a background in mathematics and wellness, and Stephen Watson, a math professor at York University.

The product they plan to create will list what is in our food, including potential allergens like gluten and eggs, calories, nutrients and chemicals.

"Many people out there suffer so badly with problems that are attributable to severe allergies and our medical system isn't so strong at making a proper diagnosis for those people," Hoffmann said.

The TellSpec will have three parts — a handheld scanner that will read information from food, an algorithm and database that will interpret the data and a smartphone app that will display it.

The app will include information about ingredients — like a warning that Tartrazine is a petroleum-based food dye that has been banned in some parts of the world — and allow users to find out if they are intolerant to an ingredient by tracking their health status and the components of their food.

Hoffmann believes that through this kind of education, people will insist on buying cleaner, purer foods. She is planning to work with doctors, but so far the information has been based on her own research.

"I really hope the TellSpec will help not only with a clean-food revolution but bring better health to people," Hoffmann.

The scanner hardware already exists and has been getting smaller.

"We still have to manufacture it, we still have to miniaturize it. Right now we're testing it with large spectrometers," she said.

A model TellSpec is seen in this demonstration photo. CONTRIBUTED

The scanner will be made by a third-party company and one possibility is Toronto-based Tornado Spectral, said Hoffman.

Edward Albe, VP of sales and marketing for Tornado Spectral, said the company is happy to be considered by TellSpec, and has been making a spectrometer that is smaller and more robust than prior technology — but hasn't yet worked with TellSpec and doesn't know if its technology will be suitable for TellSpec's purposes.

"It's a bit premature," he said. "It sounds very exciting. It's not to say we can't, but we certainly haven't demonstrated that."

Their work is targeted at ophthalmology, and has several opportunities in that area, Albe said.

Another challenge is the cost. Tornado Spectral's developing product is at a lower cost than other technologies, but will be sold in the low thousands of dollars — which could become more affordable over time and with wider manufacturing.

TellSpec isn't ready to predict the retail price of the scanner, and plans to sell subscriptions to the application at $7.99 per month or $69.99 per year.

How it works

- TellSpec will use a Raman spectrometer, which beams a laser at a sample and analyzes the light that bounces back to determine the makeup of the sample.
- This spectrum is then uploaded to TellSpec's analysis engine.
- Stephen Watson, a math professor, built the algorithm and database, but it needs to be populated with reference data to work — which is why some of the crowdfunding volunteers will be alpha testers. The system also learns — the more foods that have been scanned, the more accurate it becomes.
- So far, the company has been using trial spectrometers to test about 3,000 foods to seed the database.

The crowdfunding homepage is at indiegogo.com/projects/tellspec-what-s-in-your-food.

Was sleeping worker fired? City won't say

Giorgio Mammoliti talks to the media about a sleeping worker on Monday. TORSTAR NEWS SERVICE

The city has taken "appropriate action" following an investigation into a photo allegedly showing a community centre worker sleeping on the job, said Toronto spokesperson Wynna Brown.

The picture was taken at Carmine Stefano Community Centre but it's unclear whether the employee was fired or what the circumstances were since the city policy is not to speak on personnel issues. The name of the employee has not been made public.

"The management review of this matter is complete and appropriate action has been taken," Brown said.

At a press conference outside the community centre Monday morning, Coun. Giorgio Mammoliti says the photo is proof that the city tolerates staff workers who don't take their jobs seriously.

Describing the photo as "the last straw," Mammoliti told reporters that more "progressive discipline" of city staff is needed.

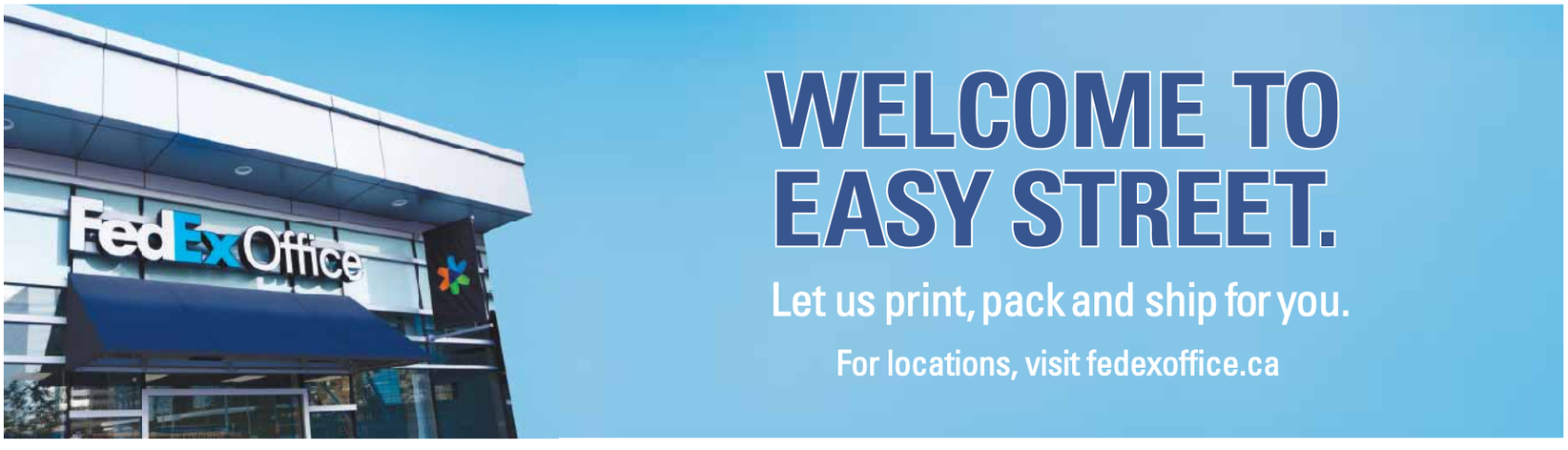
"I believe personally that our unions are running the city," said Mammoliti, a former union leader and NDP MPP.

Mammoliti said he was driven to publicizing the photo, which shows an unidentifiable person with his or her head down on a desk, after four years of receiving complaints but a lack of response by city managers.

"People need to know," Mammoliti said and, "everyone needs to be accountable."

Last week, Mayor Rob Ford told reporters he had asked the city's general manager of parks, forestry and recreation, to look into the issue.

TORSTAR NEWS SERVICE



TTC rejects Palestinian ad

Mideast conflict. TTC spokesman Brad Ross says he worries about the ad's assertion that Israeli actions are 'unfair' and 'illegal'

A Montreal-based group plans to appeal the TTC's refusal to run its advertising on the transit system, which depicts shrinking Palestinian territory in the Middle East.

The TTC says the ad violates its policies because it contains statements that could incite discrimination, in this case against Jewish or Israeli people.

The ad, submitted by Canadians for Justice and Peace in the Middle East, is similar to a campaign that ran on Vancouver transit by the Palestine Awareness Coalition.

Although the TTC ads look different, "the centerpiece" is similar, a series of maps showing how Palestinian territories have shrunk over time, said CJPME president Thomas Woodley, who would not release a copy of the ad on Monday.

As of midday, the organization had not been officially notified of the ad's rejection, he said. Woodley said the group will investigate the appeals process but he wouldn't rule out going to court if it is unsuccessful at the TTC.

Quoted

"We feel we're on solid ground in terms of the historical and legal position the ads take."
CJPME president Thomas Woodley

While TTC staff have rejected the ad, the group can ask for a working committee of three transit commissioners to consider the case. TTC chair Karen Stintz, along with city councillors and transit commissioners comprise the transit system's Advertising Review Working Group.

"We do certainly believe the legal validity of our ads. We believe they certainly do accurately portray both historically and legally the situation in Israel and Palestine today," said Woodley.

It's not uncommon for these types of ads to be criticized so the group has done its historical and legal due diligence, he said.

"We live in a democracy and there's going to be controversy in a democracy," said Woodley.

TORSTAR NEWS SERVICE

Keepin' it Reel

Reel Canada Artistic Director Sharon Corder, left, and Reel Canada Creative Consultant Katarina Gligorijevic are all smiles at the announcement of Reel's new fundraising campaign "Uniting the Nation Through Film," as well as Scotiabank's $75,000 sponsorship, Monday at TIFF Bell Lightbox. CONTRIBUTED

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Iringa and Toka check out their new digs at PAWS sanctuary in San Andreas, Calif., while Thika wandered around nearby. AMY DEMPSEY/TORSTAR NEWS SERVICE

Dreamin' over for T.O. elephants

Iringa, Thika and Toka are doing just fine after their 4,500-kilometre journey, PAWS director Ed Stewart told reporters at a news conference Monday morning.

"The elephants made a tremendous trip," Stewart said. They are eating well, he said, "and they've all made bowel movements, which might not sound like a big deal to you, but it's a big deal to us."

The elephants arrived in California Sunday evening after a 70-hour journey from Toronto. They were accompanied by four Toronto Zoo staff who stayed into Sunday night to help get their former charges off the flatbed trucks they travelled on, out of their crates and into the African elephant barn.

Both sides appeared to co-operate Sunday night, but Stewart and PAWS supporter Bob Barker came down hard on the Toronto Zoo in the news conference. "There's something toxic in that place," Stewart said.

PAWS has accused the zoo of slander in the past and threatened to sue.

Stewart did acknowledge the help of Toronto Zoo keepers in getting the elephants to PAWS. Asked how he got along with them, there was a long pause. "Next question," he joked. Then, "It went OK."

"They don't like me," he added. TORSTAR NEWS SERVICE

Homemade. Prospect of easily made 3D-printed guns a worry for the feds

The federal Public Safety Department is worried about the emergence of 3D printers that can easily manufacture guns without any kind of licensing control.

The department is commissioning a study that will look at the advent of 3D technology and the feasibility of crafting firearms, parts and ammunition.

In May, the U.S. government made headlines when it ordered a Texas-based website to remove blueprints for using a 3D printer to make a handgun.

Canada's Public Safety Department recently issued a call for a contractor to carry out the study.

The notice points out that legal possession of a firearm in Canada requires a licence and, in the case of handguns and restricted guns, a registration certificate.

3D printers that can make guns raise fears. TORSTAR NEWS SERVICE FILE

A firearms business licence is needed to manufacture a gun.

A final report is expected in February.

THE CANADIAN PRESS

Study. Most samples of human breast milk sold online contained bacteria

Human breast milk is sold for babies on several online sites for a few dollars an ounce, but a new study says be careful: Testing showed it can contain potentially dangerous bacteria including salmonella.

The warning comes from U.S. researchers who bought and tested 101 breast milk samples sold by women on one popular site, which over the weekend said it was making changes to its policies. Three-fourths of the samples contained high amounts of bacteria that could potentially sicken babies, the researchers found.

Buyer beware!

"Just imagine if the donor happens to be a drug user. You don't know."

Dr. Kenneth Boyer, pediatrics chief at Rush University Medical Center in Chicago

The results are "pretty scary," said Dr. Kenneth Boyer, a pediatrician in Chicago.

Medical literature cites several cases of infants getting sick from strangers' milk.

THE ASSOCIATED PRESS

Cruelty alleged at two chicken farms in Alta.

An animal-rights organization is urging McDonald's Canada to take a firm stand against what it calls "shocking animal cruelty" captured on a graphic video it says was taken at two Alberta farms.

McDonald's, for its part, says it gets no eggs from those farms.

The hidden-camera video filmed by Mercy for Animals Canada aired on the CTV show W5 last week. It shows hens crowded in battery cages, and chicks being violently smashed by workers and thrown into garbage bags.

"They're so crammed inside those cages they can't spread their wings, they can't walk, they can't turn around, they can't engage in any of their natural behaviour," said Stephane Perrais, director of operations with Mercy for Animals Canada.

"They spend one year of their miserable life in there, basically producing eggs and after that time period, they're considered spent by the industry because their productivity is declined, and then they're slaughtered."

The group says the footage was taken by an undercover investigator who was hired as a farm worker by Ku-Ku Farms and Creekside Grove Farms for 10 weeks.

The owner of Ku-Ku Farms and Creekside Grove Farms refused an interview with W5. While Perrais said the provocative video does not address the quality of the eggs or food safety, his organization is calling for McDonald's to ban its egg suppliers from using hens that are confined in battery cages, which are barely bigger than the hens.

19-week-old chickens transported to Ku-Ku Farms. Video filmed by Mercy for Animals Canada. HANDOUT/THE CANADIAN PRESS

Mercy for Animals Canada says Creekside Grove Farms provides chicks to Ku-Ku Farms near Edmonton. Ku-Ku then supplies eggs to Ontario-based Burnbrae Farms, the primary egg supplier to McDonald's Canada. McDonald's, however, says while it does get eggs from Burnbrae, it says its eggs do not come from the farms in the story, nor do they source eggs from Alberta.

THE CANADIAN PRESS

Egg industry's view

Egg Farmers of Canada, a non-profit organization that inspects egg producers across the country, said it has watched the W5 segment, and that what was aired was an "aberration" from normal practices.

- "What we did see, and what I was exposed to on W5, was certainly very alarming and disappointing to me as an egg producer," said organization chairman Peter Clarke.
- Egg Farmers of Canada is investigating Mercy for Animal Canada's video to make sure it is authentic, Clarke said.
- It has also launched an investigation of the two Alberta farms.

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Oregon

Google Earth helps police bust pot grower

Police say the view from space helped them bust a marijuana garden with too many plants in Oregon.

Authorities say Google Earth images taken in June showed dozens of plants in neat rows, and a police raid in September led to the seizure of 94 plants.

THE ASSOCIATED PRESS

Michael Sean Stanley

Sex offender who fled to U.S. living near preschool

A sex offender who fled Canada now lives a block away from a preschool in Seattle, police records show.

Michael Sean Stanley was located in the Seattle area last week. His address is listed as just a block away from a tourist destination, and also near a preschool.

THE ASSOCIATED PRESS

Duffy a victim of PMO's attempt to make scandal go away: Lawyer

'Illegal procedures.' Donald Bayne says his client was caught up in plan to 'sweep a political embarrassment ... under the rug'

Sen. Mike Duffy's lawyer says the Prime Minister's Office arranged to pay off his client's disallowed housing expense claims as part of an effort to hide a political embarrassment.

Donald Bayne says Nigel Wright, then the prime minister's chief of staff, told Duffy in an email last December that his housing claims were legitimate. But by February, Wright was urging Duffy to accept a PMO plan that included lines for the media in order to defuse the whole expense situation. Wright later personally paid $90,000 to repay Duffy's expense claims, even though, Bayne said, Duffy felt he had done nothing wrong.

"It's a scenario, in Nigel Wright's own words, that was created for Sen. Duffy not because he had anything to hide or had made inappropriate claims, but because the PMO had decided that they wanted to sweep a political embarrassment to their Tory base under the rug," Bayne told a news conference Monday.

"They threatened Sen. Duffy with wholly unconstitutional and illegal procedures of throwing him out of the Senate without a hearing if he failed to go along with it."

Bayne said Duffy repeatedly checked to see if it was legitimate for him to claim expenses in relation to a primary residence in P.E.I. and was told it was fine.

The lawyer says the problem lies with the vague Senate rules about residency, not with Duffy.

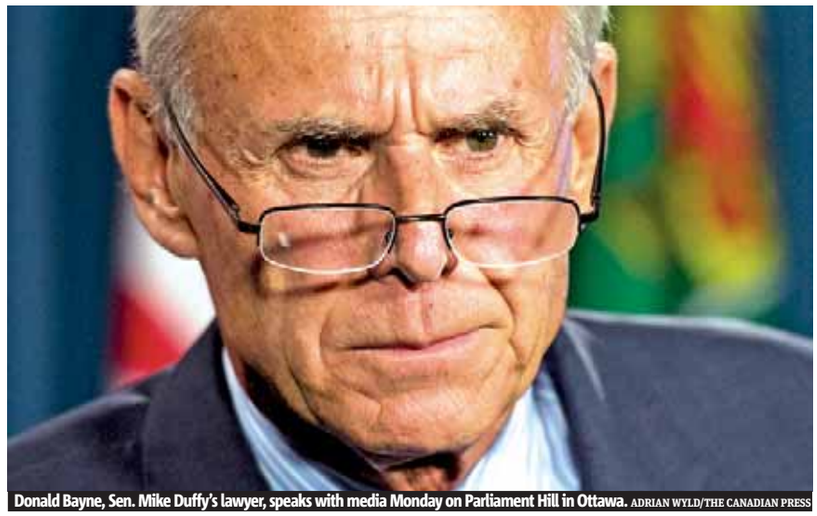
Bayne also said Conservative senators who are backing a motion to suspend Duffy from the upper chamber without pay are acting like a mob that's demanding a sentence before a trial. "We can't allow this kind of undemocratic process where the rule of law is being seized here for political reasons," he said.

THE CANADIAN PRESS

Mob rule

"The Senate intends to act like a mob to sentence Sen. Duffy without a trial."

Donald Bayne, Sen. Mike Duffy's lawyer, on Conservative senators backing a motion to suspend Duffy without pay



Donald Bayne, Sen. Mike Duffy's lawyer, speaks with media Monday on Parliament Hill in Ottawa. ADRIAN WYLD/THE CANADIAN PRESS

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Residents near derailment site still waiting for OK to go home

Gainford, Alta. CN spokesman apologizes, says they're determining safest way to get people back into their houses

A spokesman for CN said Monday it was too early for residents of an Alberta community to be allowed to return to their homes near the site of a derailment.

"We had hoped that that could take place this morning earlier than had been predicted," Warren Chandler said. "That's not going to be possible and we apologize to residents.

"We hoped for an early return, but in the interests of safety, we can't do that yet."

Chandler said CN had hoped a controlled burn on Sunday night would get rid of potentially explosive propane in some of the derailed tank cars.

"We had hoped the exercise would burn off all the propane in the cars, so that we could move in, remove the cars and allow people to go home. Unfortunately, when we went to inspect the cars … we found that not all the cars had vented their propane," Chandler said.

"In the interests of safety, we withdrew. A controlled burn is a multi-step process and after the controlled burn … we have left the cars to vent … and are now assessing the next steps."

Chandler said CN was taking a step-by-step approach to determine the safest way to get people back to their homes.

The hamlet of Gainford was evacuated early Saturday morning when 13 cars on a freight train carrying a cargo of oil and propane went off the rails near the tiny community, about 80 kilometres west of Edmonton. Two explosions were reported, so people were ordered from their homes as a precaution. No one was injured.

Parkland County spokeswoman Jackie Ostachek said some impatient residents have begun taking matters into their own hands.

Derailed CN rail cars are seen near Gainford, Alta., in this undated photo provided by the Transportation Safety Board of Canada.

TSB CANADA/THE CANADIAN PRESS/HANDOUT

"There have been some concerns about people trying to breach the roadblocks. We're trying to ensure that people understand what we're doing and why we're doing it," she said.

Emergency crews have escorted a few people back to their property, she said.

Mayor Rod Shaigec acknowledged there's frustration among those affected.

THE CANADIAN PRESS

The Big Chill. Nearly 25% of scientists in public service feel politically muzzled: Survey

A large survey of science professionals in the federal public service has found that almost 25 per cent of respondents say they have been directly asked to exclude or alter information for "non-scientific reasons."

Some 71 per cent of those surveyed said political interference is compromising policy development based on scientific evidence, and almost half of those who took part said they were aware of cases in which their department or agency suppressed information.

The study, entitled "The Big Chill," was commissioned by the Professional Institute of the Public Service of Canada (PIPSC), and paints a disturbing picture of government scientists who feel they are being muzzled.

More than 4,000 federal scientists — out of more than 15,000 who were invited — responded to the union-commissioned, online survey handled by the polling firm Environics.

"A chill has settled on federal government science that is even greater than that suggested by the cases so far reported by the media," Gary Corbett, the president of PIPSC, said Monday.

Federal Information Commissioner Suzanne Legault is already conducting a study of how communications policy changes under the Harper government have clamped down on the sharing of government science with the public.

Legault was spurred to investigate the issue by a lengthy report from the Environmental Law Centre at the University of Victoria and the ethics advocacy group Democracy Watch, which included a score of anecdotes from six different government departments or agencies.

The PIPSC survey, which was conducted June 5-19 and surveyed 4,069 of the union's 15,398 members, adds statistical heft to that anecdotal evidence. THE CANADIAN PRESS

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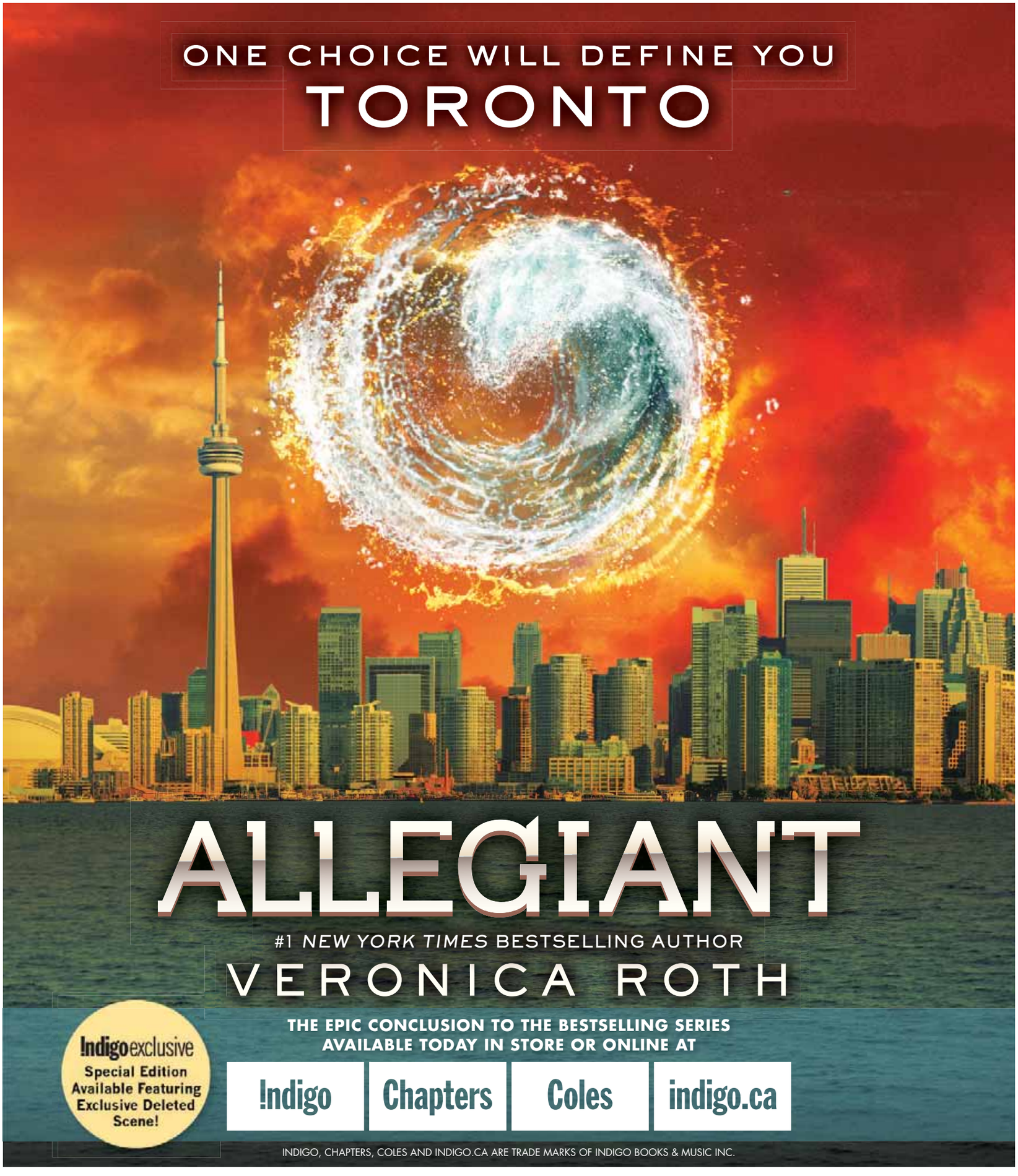
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NSA. U.S. surveillance of 70 million phone calls 'unacceptable': France

President Barack Obama called French President Francois Hollande on Monday and discussed France's anger over reported aggressive surveillance tactics by the National Security Agency.

The call comes after a French newspaper said the NSA swept up 70.3 million French phone records in a 30-day period. France has summoned the U.S. ambassador to explain and called the practice "totally unacceptable."

The White House said some recent disclosures about the NSA have been distorted but that some raise legitimate questions for U.S. allies about how America's intelligence capabilities are used.

Obama told the French president that the U.S. is reviewing its intelligence-gathering to ensure a balance between security and privacy. The White House says both presidents agreed they should continue diplomatic discussions about the issue

THE ASSOCIATED PRESS

U.S Ambassador to France Charles H. Rivkin in Paris on Monday. CLAUDE PARIS/THE ASSOCIATED PRESS

Reasonable tactics?

"Protecting the security of our citizens in today's world is a very complicated, very challenging task."

U.S. Secretary of State John Kerry, who added that he would discuss privacy issues with the officials of all concerned countries

Greek cops release photos of alleged child abductors

Four-year-old 'Maria.' Charges laid against Roma couple as search for parents continues

40 year-old Selini Sali or Eleftheria Dimopoulou and 39 year-old Christos Salis sit with a four-year-old girl reportedly named Maria, who was found living with the Roma couple in central Greece on Monday. HELLENIC POLICE/GETTY IMAGES

Greek police on Monday released photographs of a couple charged with abducting a girl and judicial authorities put the pair in pre-trial custody, as an international search for the child's biological parents intensified. Authorities also scrambled to uncover fraudulent birth declarations related to possible welfare benefit scams involving the couple and others.

Investigators trying to establish how the girl known only as "Maria" came to be with the detained Gypsy couple are considering a range of potential scenarios, from child trafficking to even simple charity.

The suspects were also identified as 39-year-old Christos Salis and a 40-year-old woman who used the names Eleftheria Dimopoulou and Selini Sali. They were arrested last week, after police found the girl when they raided a Gypsy, or Roma, encampment near the Greek town of Farsala. Her DNA shows she is not the couple's child.

Authorities allege Dimopoulou claimed to have given birth to six children in less than 10 months, and 10 of the 14 children the couple had registered as their own are unaccounted for. It is not clear whether the 10 children are real or were made up to cheat the Greek welfare system.

The couple has given conflicting accounts of how they came to have the girl, according to police. A defence lawyer has said they were motivated by charity, after being approached by an intermediary for a destitute foreign mother who reportedly could not afford to raise the child.

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Christians mourn dead in church shooting

Cairo, Egypt. Family members shot outside Coptic Christian church in latest attack blamed on Islamic militants

An Egyptian woman weeps Monday during the funeral of several Coptic Christians who were killed when gunmen sprayed a wedding party outside a Cairo church late Sunday. KHALIL HAMRA/THE ASSOCIATED PRESS

The elderly, silver-haired Christian could hardly speak Monday, sitting stunned in a church where the evening before, suspected Islamic militants on a motorcycle sprayed his family's wedding party with automatic-weapons fire, killing his son, his wife's sister and two granddaughters aged 8 and 12.

"It's God's will. They are always beating us down. Every other day now, they do this," the 75-year-old Fahmy Azer Abboud said as he waited for their funeral to start.

He spoke haltingly of his dead granddaughters, both named Mariam.

"They were pure angels. They had the world's kindness inside them. They helped me and shared with me everything they had," Abboud said.

The girls were waiting to enter the Church of the Virgin Mary in Cairo's Warraq district for the wedding of another of Abboud's granddaughters when the gunmen struck about 9 p.m. Sunday. The wounded included seven relatives, with his other son, Nabil, among them, he said.

Witnesses said a car blocked traffic outside the Coptic church minutes before the shooting, allowing the gunmen an easy getaway.

The violence by Islamic radicals has risen since the military deposed President Mohammed Morsi in July and cracked down on his Muslim Brotherhood and its allies. Attacks have targeted mainly security forces and Christians, whom the Islamists blame because of their strong support of Morsi's ouster.

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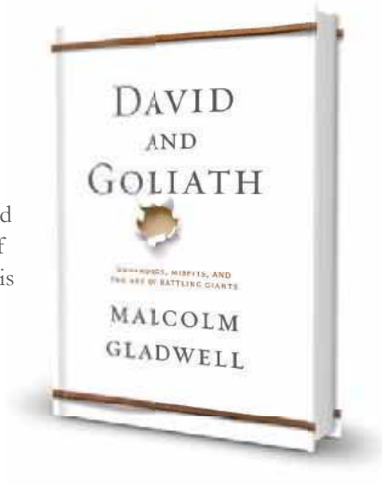

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‘I have not seen the sun for a long time’

China. Super smog in northern city of Harbin closes schools, halts buses and air travel

A woman wearing a mask walks through dense smog in Harbin, China, on Monday. Visibility shrank to less than half a football field. KYODO NEWS/THE ASSOCIATED PRESS

Visibility shrank to less than half a football field and small-particle pollution soared to a record 40 times higher than an international safety standard in the northern Chinese city of Harbin, as the region entered its high-smog season.

Winter typically brings the worst air pollution to northern China because of a combination of weather conditions and an increase in the burning of coal for homes and municipal heating systems, which usually starts on a specific date. Harbin’s heating systems kicked in on Sunday, and on Monday visibility was less than 50 meters, according to state media.

“I couldn’t see anything outside the window of my apartment, and I thought it was snowing,” said Wu Kai, 33, in Harbin. “Then I realized it wasn’t snow. I have not seen the sun for a long time.”

She said her husband went to work in a mask, that he could barely see a few metres ahead of him and that his usual bus had stopped running.

Primary and middle schools and some highways were closed, said authorities. At least 40 flights out of Harbin’s Taiping International Airport were cancelled or postponed.

The density of fine particulate matter, PM2.5, was well above 600 micrograms per cubic meter in Harbin, according to China’s environmental protection agency. A safe level under WHO guidelines is 25 micrograms per cubic meter.

THE ASSOCIATED PRESS

Vatican scandal

Pope meets with ‘Bishop Bling’ over $44M reno

Pope Francis has met with a German bishop whose $44-million building renovation has scandalized Germany.

The Vatican gave no details about Monday’s meeting with Bishop Franz-Peter Tebartz-van Elst, bishop of Limburg, whom the German media refers to as “Bishop Bling.”

The bishop has defended the renovation, saying it involved 10 different projects and that there were additional costs because of historical building regulations.

The pricey reno has resonated in Germany, where a church tax brings in billions a year to the German Catholic Church.

German Archbishop Robert Zollitsch told reporters he hoped the outcry will soon calm down and that a solution ensuring a “good future for all” will be found.

THE ASSOCIATED PRESS

Teenaged rebels

Missing Somali sisters believed bound for Syria

Norwegian police have issued international alerts for two teen sisters believed to have travelled to Syria to join the civil war.

Police in Oslo on Monday said the sisters, aged 16 and 19, are Norwegian citizens of Somali origin and were last spotted on the Turkish-Syrian border.

Police spokeswoman Nina Karstensen Bjoerlo said a wanted notice was issued through Interpol for the older sister and a missing notice for the younger teen because she’s a minor.

Norwegian newspaper VG said the sisters emailed their family Thursday saying they were travelling to Syria to help Muslims “in any way we can.”

Karstensen Bjoerlo declined to comment on their motive for going but said “we know that Syria is in a state of war so this is disconcerting.”

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Rihanna strikes a pose, gets the boot

Abu Dhabi. The often raunchy pop princess respected the mosque's dress code, but her fierce posing drew ire

Overseers of Abu Dhabi's Grand Mosque say they asked pop star Rihanna to leave the compound after she posed for photographs considered to be at odds with the "sanctity" of the site.

Rihanna hasn't publicly responded to the actions by staff at the Sheikh Zayed Grand Mosque. Her show took place on Saturday in Abu Dhabi.

Photos posted on various websites show the singer posing on white marble, dressed fully in black, with her hair covered according to the mosque's guidelines.

The mosque statement, published Monday in local newspapers, said Rihanna was in an area normally off-limits for visitors. It says the fashion-style photo session violated rules on the "status and sanctity of the mosque."

The mosque is a major tourist site in the United Arab Emirates' capital.

THE ASSOCIATED PRESS

Criticism

A statement on the incident said Rihanna's photo shoot violated the "status and sanctity of the mosque."

In this photo posted to an Instagram account belonging to Rihanna, the pop star poses for a photo in front of Abu Dhabi's Grand Mosque in the United Arab Emirates. INSTAGRAM/THE ASSOCIATED PRESS

Opioids. Canada likely to heed U.S. pleas to crack down on generic OxyContin

Health Minister Rona Ambrose suggested Monday there could soon be movement from Canada on U.S. pleas to outlaw addictive, generic formulations of the painkiller OxyContin amid a simmering dispute between the two countries.

"I have been examining this issue, and as you know in the speech from the throne, we did make a commitment to move forward with a prescription-drug strategy, and so you'll see that coming forward in the next while," Ambrose said in Vancouver.

THE CANADIAN PRESS

Ongoing 'epidemic'

The United States is hardly on its own grappling with prescription drug abuse — in 2010, for the first time, Canada inched past the U.S. to become the highest opioid-consuming country, per capita, on the planet.

Cleveland house

Women held captive for decade working on book

Two of the three women held captive for a decade in a Cleveland house are collaborating with a Pulitzer Prize-winning team of Washington Post reporters for a planned book about their ordeal.

In a statement issued Monday to The Associated Press, an attorney for Amanda Berry and Gina DeJesus said they will work with the Post's Mary Jordan, a Cleveland native, and her husband and fellow reporter, Kevin Sullivan.

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A Sparks Middle School student cries after being released from Agnes Risley Elementary School, where students were evacuated to after a shooting at their school in Sparks, Nev., on Monday. KEVIN CLIFFORD/THE ASSOCIATED PRESS

Teacher dies protecting students from shooter

Gunman believed to be a student. Unclear whether shooter committed suicide — no shots fired by law enforcement

A middle school student in Sparks, Nev., opened fire on campus just before the starting bell Monday, wounding two boys and killing a staff member who was trying to protect other children, police said Monday.

Twenty to thirty students, most of them 12- and 13-years old, witnessed the tragedy at Sparks Middle School that also left the lone suspected gunman dead, police said.

Family members have identified the staff member killed as math teacher Michael Landsberry, 45. He was a military veteran who leaves behind a wife and two stepdaughters, said his sister-in-law Chanda Landsberry. She said she wasn't surprised he stepped in to stop the rampage.

The motive isn't yet known.

"As you can imagine, the best description is chaos," Robinson said. "It's too early to say whether he was targeting people or going on an indiscriminate shooting spree."

The violence erupted nearly a year after a gunman horrified the nation by opening fire in Sandy Hook Elementary School in Newtown, Connecticut, leaving 26 dead.

THE ASSOCIATED PRESS

Hero

"In my estimation, he is a hero.... We do know he was trying to intervene."

Reno Deputy Police Chief Tom Robinson. He was referring to the school teacher who died trying to protect his students.

Teen sex assault

New prosecutor to reopen rape-allegations case

An area prosecutor was appointed Monday to re-investigate allegations by a 14-year-old girl who said she was sexually assaulted by an older classmate who plied her with alcohol in their rural Missouri town.

The girl and her mother went public, saying the county prosecutor didn't do enough before dropping charges against the boys they said were involved. Jackson County prosecutor Jean Peters Baker — who recently prosecuted a high-profile case against a Catholic bishop accused of failing to report child abuse — will take over the case.

Melinda Coleman claims her daughter was given alcohol in January 2012 by a 17-year-old Maryville High School student who then sexually assaulted her daughter at his home when she became incapacitated.

THE ASSOCIATED PRESS

Jean Peters Baker
THE ASSOCIATED PRESS FILE

Russia. Female suicide bomber strikes city bus, killing 6 and injuring 30

A female suicide bomber blew herself up on a city bus in southern Russia on Monday, killing six people and injuring about 30, officials said. The attack in Volgograd added to security fears ahead of the Winter Olympics in Sochi.

The suspected bomber was identified as 30-year-old Naida Asiyalova from Dagestan, one of the predominantly Muslim republics in the North Caucasus, said a spokesman for Russia's main investigative agency. She was married to an ethnic Russian, Dmitry Sokolov, whom she had met while both were university students in Moscow.

She encouraged him to become a rebel, and he quickly gained a reputation as an expert in explosives, the spokesman said. Sokolov, whose nom de guerre is Abdul Jabbar, has been on the run. The spokesman said the suspected suicide bomber had a fatal bone illness.

Experts examine a damaged bus in Volgograd, Russia, Monday.
COURTESY EMERGENCY MINISTRY PRESS SERVICE, VOLGOGRAD/THE ASSOCIATED PRESS

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Team Canada wants ethical Olympic gear

Fair-made jerseys. 'We want to keep up to the highest standards of transparency': Official

Hockey Canada, the most influential sports governing body in Canada, is pursuing an ethical-sourcing policy for its merchandising partners for hockey sweaters, T-shirts and other fan goods.

Torstar News Service has learned the organization's senior staff last week presented the executive committee of Hockey Canada's board with a proposal to begin discussions with three or four industry watchdogs that monitor suppliers of western retailers in the developing world.

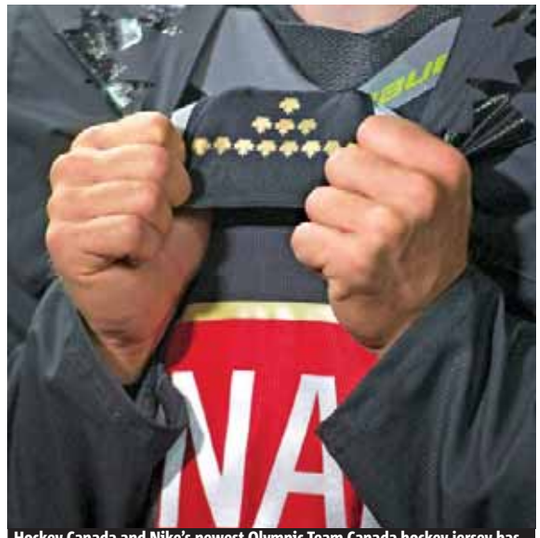
"We have been looking into this in recent days and we recognize we have some work to do," said Scott Smith, Hockey Canada's chief operating officer, in an interview.

Staff began examining the organization's policies after receiving questions from Torstar, Smith said.

"We want to keep up to the highest standards of transparency," he said.

Smith said Hockey Canada staff plan to contact labour rights groups, including the Workers Rights Consortium in Washington and the Worldwide Responsible Accredited Production, a program enlisted by retailers and manufacturers to certify suppliers are meeting their standards.

Hockey Canada's promise comes amid increased scrutiny of the garment industry. Six months ago, the Rana Plaza disaster in Bangladesh killed 1,129 workers and western retailers have since been adjusting and explaining how they source their suppliers abroad. **TORSTAR NEWS SERVICE**



Hockey Canada and Nike's newest Olympic Team Canada hockey jersey has 12 gold maple leafs behind the collar. The sports governing body is pursuing an ethically sourced clothing policy. LUCAS OLENIUK/TORSTAR NEWS SERVICE

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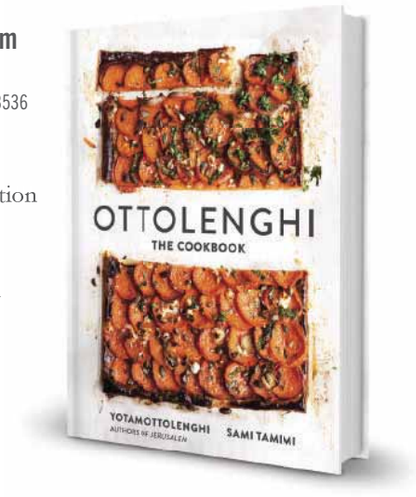

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BlackBerry says its popular instant messaging service is now available for Apple's iPhone and Android devices, following a technical glitch that delayed the launch by about a month.
A company blog post said BlackBerry Messenger would be available for free on Apple, Google and select Samsung app stores. THE CANADIAN PRESS

Market Minute

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OIL
$99.22 US (-$1.59)

GOLD
$1,315.80 US (+$1.20)

Natural gas: $3.67 US (-10¢)
Dow Jones: 15,392.2 (-7.45)

Cutting carbs?

Maple Leaf Foods may sell stake in Canada Bread

Maple Leaf Foods may put its bakery business on the auction block as it explores ways to get the most out of its 90 per cent stake in Canada Bread.
Chief executive Michael McCain said Monday that while the company hasn't decided the future of its bread operations, selling is a possibility.
If a deal materializes, brands such as Dempster's, Tenderflake, and Olivieri pastas would be in the hands of a new owner.
Canada Bread has also been downsizing. It announced in January that it would shut two factories with 121 jobs total.
THE CANADIAN PRESS

Baking time

2015

The possible sale of Canada Bread is part of a multi-year restructuring effort, which Maple Leaf expects to complete in 2015.

Facebook is now allowing teenagers to share their posts on the social network with anyone on the Internet. JUSTIN SULLIVAN/GETTY IMAGES

Social media. Facebook wants under-13 users

Some privacy advocates were rankled when Facebook announced changes to its policies last week that allow teens to post public updates that can be viewed by anyone in the world.
But Facebook has contemplated another rule change that could prove even more controversial.
Facebook's manager of privacy and safety Nicky Jackson Colaco says the social network has "thought a lot about" opening up the site to children under the age of 13, without violating laws in Canada and abroad.
In the U.S., the Children's Online Privacy and Protection Act starts at 13. Despite this, plenty of young kids are using the site anyway, often with help from their parents.
"I think there are parents who make the decision that it's appropriate for their kids and we really encourage parents to have their kids wait until they're 13 and follow that guideline that we have," Colaco said.
A spokesman for Canada's privacy commissioner Jennifer Stoddart said in a statement that consultation would be important if Facebook planned to accept younger users. THE CANADIAN PRESS

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LIVING SOLO NO LONGER FOR SPINSTERS

SHE SAYS

Jessica Napier
metronews.ca

I will always cherish the brief couple of years that I lived entirely on my own; it was a beautiful period of independence, self-actualization and cereal for dinner. And while I have no desire to be romantically unattached again, I do find myself occasionally craving the single lifestyle.

I miss the lack of accountability that comes with living alone and the ability to indulge in all of that secret, single-girl behaviour I feel obligated to hide from my boyfriend like painting my nails in bed while watching very bad reality television.

Worldwide, the number of adults living alone has tripled in half a century. For the first time in Canadian history there are now more single-person households than couple households with children. In major cities, we are increasingly alone together: domestically separated but profoundly connected by our communal urban experiences — in restaurants, bars, gyms, museums — and through social-media platforms.

In the new CBC documentary Flying Solo, producer and director Scott Harper examines the dramatic shift in our culture towards living alone — its origins, influences and the repercussions for our society at large. The documentary, which premieres Thursday on CBC's Doc Zone, follows a diverse variety of individuals living alone in cities across Canada and the United States.

The major benefit of independent living is the selfish autonomy it provides; when you have your own space to come home to it can be "me time" all the time. It's the freedom to do as you please that appeals to single dwellers, says Harper: "To go to bed and get up on your clock, to eat what and when you like, to travel and to spend time with whomever you want without having to check in with anyone."

Of course, flying solo does have its downsides. Single-income households are inherently more expensive and can lead to feelings of isolation. Without roommates or a spouse, solitary residents can risk feeling alienated if they don't take proactive measures to remain socially active.

But Canadian cities aren't full of lonely spinsters and incorrigible bachelors. Instead, we are witnessing the emergence of a new breed of people in their 20s and 30s who aren't rushing to settle down and procreate but are instead focused on nurturing their own individuality and spending time with their extended social circles of friends and co-workers. We're creating new urban tribes and debunking the traditional nuclear family model in the process.

"As a group, solos are reshaping the economy, politics, the environment and of course the future of the family itself," says Harper. "I think that there still is — and probably always will be — a desire for partnerships and kids — it's just that now the stigma over opting out of being a part of that, and choosing to live on your own, is over."

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Face it: 11 acres makes for a large portrait

COURTESY JORGE RODRÍGUEZ-GERADA/BELFASTFESTIVAL.COM

Largest land art in the U.K. on display

A gargantuan picture of a child has been unveiled on a field in Belfast as the largest land-art portrait in the U.K.

Spanning 11 acres (44,515 square metres) of land in Belfast's Titanic Quarter, a regenerated district near where the RMS Titanic was built, Wish is the name of the portrait of an anonymous six-year-old girl from Belfast. It was created by Cuban-American artist Jorge Rodríguez-Gerada.

METRO

GPS, and lots of hard work

30,000

Volunteers used GPS technology to map out the site before laying 30,000 wooden pegs to trace the image's outline. Two thousand tonnes of soil and 2,000 tonnes of sand were needed to create the artwork. Wish was 18 months in the making, with one month for production, Rodríguez-Gerada told Metro.

The artist, who currently lives in Spain, added: "Around 100 volunteers — everyone from local artists, construction workers, to grandparents and their grandchildren — helped out in making this portrait possible."

Artist's viewpoint

"Its message is social: the universal power of making a wish. And its location in a regenerated part of Belfast — with all its recent history — is profound."

Jorge Rodríguez-Gerada, 47-year-old Cuban-American artist

Obstacles didn't stop volunteers

For Rodríguez-Gerada, the artwork was an arduous one. "Interference from a nearby airport, difficulties in spreading the sand evenly and the rain made the project challenging," he said.

"What I didn't expect was the community's response," the artist added. "People from both sides of the political spectrum were supportive and united to create something universal."

METRO

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

One of the best features of living in the future is how simple it is to learn about the past. Subscribe to these history podcasts on iTunes and treat yourself to a few crash courses.

The Roman Baths in Bath, England, contain one of the best examples of a preserved Roman bath complex in Europe. GETTY IMAGES

In Our Time:

The topic of Melvyn Bragg's weekly BBC panel show is always a surprise when it shows up in our feed. From well-known battles and leaders to obscure philosophies and diseases, the range of Bragg and his rotating crew of experts is like a history swatch.

The History of Rome:

By this point, Mike Duncan's exhaustive history of the Roman Empire is more audiobook than podcast — the series wrapped in 2012 with the fall of the empire. But if you take the time to treat yourself to the 179 25ish-minute episodes, then feel free to consider yourself an expert.

Dan Carlin's Hardcore History:

Though the episodes can be pretty meaty — each episode of his five-part series on the Mongols ran at least an hour and a half — the time is used extremely well. Carlin's gravelly delivery can sound a little talk radio at times, which happens to fit his somewhat contrarian take on events you thought you knew about.

Twitter

@metropicks asked: A landlord is feuding with tenants keeping a legal grow-op. Should some legal activities be banned for tenants? Which?

@WTarcisio: It is a fight of neighbors on a global scale. He should have given marijuana to another and would have avoided this whole mess.

@calgarytoad: Throwing hammers at your walls is not illegal but I wouldn't want my tenants doing it.

@TheJamesAsh: But your lease typically explicitly covers damage and how it's handled. A legal grow should be no different.

@calgarytoad: Agreed. Tenants should pay for all damages regardless of cause.

Follow @metropicks and take part in our daily poll.

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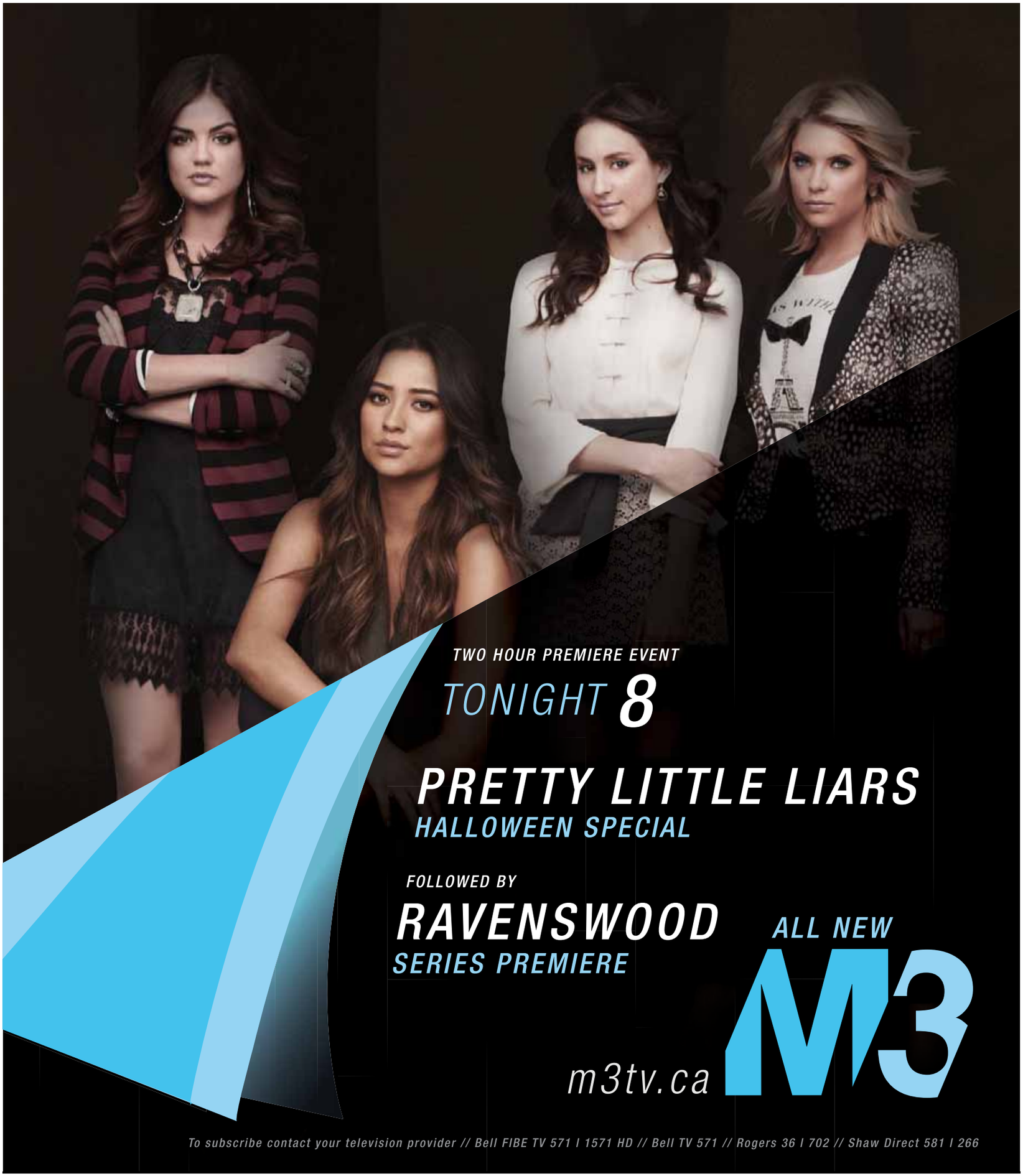
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The classic action star is alive and well, albeit a little long in the tooth. Last weekend Sylvester Stallone and Arnold Schwarzenegger teamed up in The Escape Plan — despite being 67 and 66, respectively. But the thrill of seeing old timers acting like lithe 20 year olds has been long with our culture. It's a tradition, albeit one that has ramped up in recent years.

MATT PRIGGE
Metro World News in New York

5 Old guys ready for action

John Wayne (Brannigan, 1975)

At 68 — before his autumnal swan song, The Shootist — The Duke made the kind of movie most actors wouldn't make at 58, playing a cop who travels to Jolly Ol' England to speed around in cars and very, very, very slowly draw his gun on perps. Can you believe this isn't the oldest entry on this list? (Keep reading.)

Roger Moore (A View to Kill, 1985)

Pierce Brosnan, the man born to play James Bond, was waiting in the wings in the early '80s as the then-current Bond was bound to retire. And why wouldn't he? He was almost 60 years old. Regardless, Moore wouldn't surrender the throne, and at 58 he made his last appearance as 007. Technically, about 40 per cent of his performance is stunt men shot from a distance, or shots of him in front of rear projection, pretending to be skiing madly down a hill. But he's still randy as ever, although he's, at this point, really more of a dirty old man.

Harrison Ford (Indiana Jones and the Kingdom of the Crystal Skull, 2008)

Ford seems to have resigned himself to being old, now that he's 71. He plays administrative roles now, in 42 and Ender's Game. But only five years ago he was relaunching his second most famous franchise, and looking pretty weary while doing it, too.

Charles Bronson (Death Wish V: The Face of Death, 1994)

Bronson came to mega-stardom relatively late in life, not hitting Death Wish pay dirt until he was in his 50s. Through the '80s he was an industry unto himself, making cheap, sleazy, highly questionable vigilante pictures, including one where he hunts down a killer nudist (10 to Midnight). Few of these did well, and almost no one went to see the final instalment in his most famous franchise. This is too bad because he was a 73-year-old gunning down "creeps" with big guns.

Clint Eastwood (Gran Torino, 2008)

This isn't technically an action film, but it does feature Clint wielding guns, pushing people around, barking threats, etc. It's the only one to really acknowledge that its hero, then 78 (now 83), can't do this stuff anymore. In fact, Clint has been scarce from the screen the last two decades. His last proper action film was In the Line of Fire in 1993, which still features him running on roofs and putting the moves on Rene Russo. If Clint isn't stretching his muscles on screen these days, that's partly because he sometimes directs two often long movies a year.

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DVD review

Before Midnight

Director. Richard Linklater

Stars. Ethan Hawke, Julie Delpy

●●●●○

Romance you can find anywhere, especially at the movies where "meet cute" inexorably leads to "happily ever after." More elusive is real love, the kind that comes with challenges as well as kisses. You'll find it in Before Midnight, one of the best films of 2013 and the irresistible climax to Richard Linklater's trilogy of on-the-run amour. Following Before Sunrise (1994) and Before Sunset (2004), it continues the emotional adventures of Jesse (Ethan Hawke) and Céline (Julie Delpy), who met by accident in their 20s and who have had to negotiate the terms of togetherness — or apartness — ever since. They're now in their 40s, in a luminous Greek retreat, but whatever you think you know about these two is about to be challenged. Whether meandering down cobblestone paths or contemplating the sheets of a hotel room bed intended for romance (we'll see about that), these two have a lot to say to each other, and no punches are pulled.

PETER HOWELL

Pair gives 'deadheads' new meaning

The Walking Dead fans. Two men turn their obsession into Walker Stalker Con

Walker Stalker Con is set for Nov. 1 to 3 in Atlanta. CONTRIBUTED

Cable TV's The Walking Dead has inspired a new convention, a podcast, and a one-man play.

The podcast and Atlanta-based convention are the creations of Eric Nordhoff and James Frazier, also known as the Walker Stalkers because of a road trip they made last fall from Nashville, Tenn., to Georgia to see the AMC show being filmed.

The convention, Walker Stalker Con, is expected to draw 10,000 or more participants when it's held early next month, Nordhoff said.

The Walking Dead characters battle zombies known as "walkers" in the streets of downtown Atlanta and in forests, small towns and a prison south of the city.

The convention will feature appearances by some of the show's actors, including Norman Reedus, who slays walkers with a crossbow as Daryl Dixon; Andrew Lincoln, who plays Sheriff Rick Grimes, and Lauren Cohan, also known as Maggie Greene on the show.

The series returned for its fourth season this month with its biggest audience ever. The 16.1 million people who watched the Oct. 13 series premier shattered the show's previous record of 12.4 million, the Nielsen company said.

Nordhoff and Frazier are neighbours in suburban Nashville, and had gathered every Sunday in Frazier's basement to watch The Walking Dead. They'd heard talk of a big day of filming in Senoia, the town south of Atlanta where much of the show is produced, so they got up before sunrise and made the trip to Georgia.

"It was our dream day," recalls Nordhoff, 42.

"We got to meet I think eight members of the cast," he recalls. "Somebody called us the 'Walker Stalkers' when we were there."

The two decided to develop a podcast that has become popular with fans of the show. The podcast features discussions of many aspects of the show's storyline and interviews with people behind the scenes, such as a special effects makeup expert and show producer Greg Nicotero.

In April, Nordhoff and Frazier came up with the idea of holding the convention, which will take place Nov. 1 to 3.

The show has also inspired one of its actors to stage a one-man play.

Robert "IronE" Singleton, who played "T-Dog" in the first three seasons of the show, will portray 18 characters in Blindsided by the Walking Dead, which tells the story of how he grew up in the Perry Homes housing project during Atlanta's crack cocaine epidemic before he found work as an actor.

A key scene of The Walking Dead was filmed on a downtown Atlanta rooftop just a few miles from the project, where violence was ever-present during Singleton's childhood and teenage years.

Blindsided by the Walking Dead is a work of drama, comedy, dance, spoken word and rap. Its characters include a thug, a crack addict, Richard III from Shakespeare, God and Singleton's deceased mother.

"I think it could inspire people and save lives," said the 38-year-old actor, who also will take part in a panel discussion during the convention.

"It's about embracing truth and love through everything you do."

THE ASSOCIATED PRESS

Series examines American slavery's dark past

Confronting sins. Creator of series says U.S. must look back to understand present

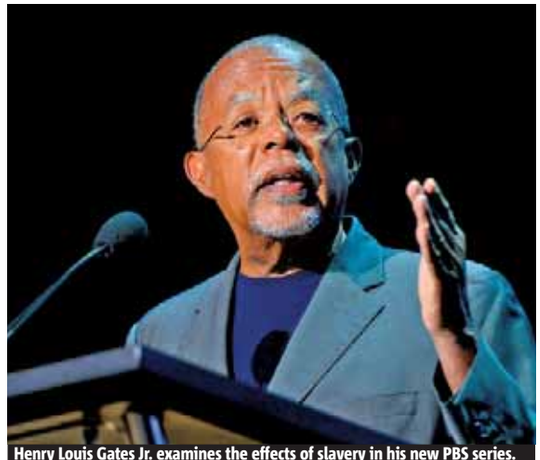
Slavery in the United States was once a roaring success whose wounds still afflict the country today.

So says Henry Louis Gates, Jr., who examines both its success and shame in The African Americans: Many Rivers to Cross, his new PBS documentary series that traces 500 years of black history.

"Slavery is a perfect example of why we need limits on the more unfortunate aspects of human nature," he says.

The horrifically profitable practice of slavery and the brutal inhumanity of Jim Crow loom large in The African Americans (premiering Tuesday at 8 p.m. EDT; check local listings).

Slavery — "the supreme hypocrisy" — was always an essential ingredient of the American experiment. White America always drew heavily on the labour, culture and traditions of blacks while denying them due credit in exchange, not to mention their human rights.



Henry Louis Gates Jr. examines the effects of slavery in his new PBS series. THE ASSOCIATED PRESS

The father of the U.S. was one of its largest slave owners, even as one of his slaves, Harry Washington, understandably fled to join a British regiment and fight against the patriots. "Because of the profound disconnect between principles of the Declaration of Independence and the Constitution and the simultaneous practice of slavery, we've had historical amnesia about slavery," Gates says. "If we confront the excesses and sins of the past, it will help us understand where we are today."

THE ASSOCIATED PRESS

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Cults likes to keep the band Static

Cults have a few tour stops in Canada in November. GETTY IMAGES

No new players.
While it might make sense to expand the band for a bigger sound, Cults likes the DIY approach

PAT HEALY
Metro World News in Boston

When a musical project that begins as one or two people becomes Internet famous, small groups are often forced to expand so that all of the sounds that very few people took part in recording can be fully realized for the live show.

And just as often, the people who made up the core of the band just accept the touring musicians into the lineup for the second album. But Cults guitarist and singer Brian Oblivion says he and singer Madeline Follin felt no such temptation to bring any additional help into the creative process.

"I think I'm better with the complexities of putting together the keyboard part than the complexities of dealing with a keyboardist personality," says Oblivion.

"I think that's the problem with me; I have a hard time dealing with other people."

This uneasy edge casts a shadow over the poppy 1960s sound on Cults' new album, Static.

The album picks up where the band's 2011 self-titled debut left off.

The sound is richer, but it doesn't sacrifice the intimacy or weirdness of two people having fun making music, regardless if they find success doing it or not.

"We make these records for ourselves and we do hope that people will take them in and enjoy them," says the guitarist, "but we don't really stress out if they don't.

"It's not like we have our hopes and dreams and life and everything tied up in being a rock star."

That said, a guy who calls himself Brian Oblivion could probably come up with a moment or two where he engaged in traditional "rock star" dalliances after touring the world with Cults, right?

"I think doing bath salts in Japan," he says, sounding almost embarrassed.

"There was a moment where after being up for 16 hours, I was sitting in the middle of Shibuya Crossing and I didn't know where I was and I started crying and laughing hysterically and then crying again, while these Japanese people were crowding around me. I was like, 'Oh this is too much.'"

Canadian tour dates

- **Vancouver.** Rio Theatre on Nov. 16.
- **Toronto.** Lee's Palace on Nov. 25.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Is the industry's most controversial photog about to be out of work?

ALICE TATE
Metro World News

Terry Richardson has found himself at the centre of a new media furor. No, it's not surrounding a new set of Miley Cyrus images. Instead, he, himself, is the subject of an anti-Richardson petition, which urges brands and major magazines to boycott the photographer. Alice Ehrenfried launched a petition on Change just over a week ago, titled, Vogue, H&M, Mango, Supreme, and all other brands: Stop using alleged sex offender Terry Richardson as your photographer. Penning strong words on the site, Ehrenfried's aims are even stronger, as she appeals for 50,000 signatures. Whilst the hefty figure seems ambitious, now that the campaign is en route to going viral, reaching the goal doesn't seem out of the question. The petition has nearly 6,000 signatures already. The magazines still seem to love him but clearly not everyone is OK with Richardson's exploitative take on editorial.

"It's very important that degrading images are not considered 'the norm' and that (alleged) sexual predators are not glorified in the fashion industry," Ehrenfried, who works as a jewelry designer, tells us in an interview. Counting herself as a feminist, she questioned, "How can respectable brands possibly condone his behaviour?"

Wood and Philipps got Busy on the same day

It turns out A Case of You co-stars Busy Philipps and Evan Rachel Wood had a lot more in common on the set of their romantic comedy than they thought. During a Q&A panel following a screening of the film, the stars discovered they got started making their new babies the very same day, according to People magazine. "I got pregnant Oct. 10," Philipps revealed, to which Wood chimed in, "Oh my God! I swear to God that's the day that I got pregnant," which prompted a spirited, "Shut up!" from Philipps. Philipps welcomed her second daughter, Cricket, on July 2, while Wood gave birth to her first son with husband Jamie Bell on July 20.

Busy Philipps

Evan Rachel Wood

Marilyn Manson. ALL PHOTOS GETTY IMAGES

Mickey and Manson? We're all stars now, in the Disney show

Marilyn Manson is teaming up with ... Disney? Shock rocker of our '90s hearts, Marilyn Manson, will be joining the cast of the Disney/ABC show Once Upon a Time, reports Rolling Stone. The singer will be voicing the character of Shadow.

"We've always been enormous fans of Marilyn Manson," show creators and executive producers Eddy Kitsis and Adam Horowitz told the magazine. "We wanted to cast someone with the vocal ability to make our skin crawl."

For those of us old enough to remember the '90s, let me tell you: With his references to satanism, cross-dressing, dark music videos, Manson really, really freaked out old people — like, even more than twerking. And now he's going to be on a Disney-affiliated show.

God bless America.

Ashley Judd

Judd and estranged hubby may be giving it another shot

Ashley Judd has reportedly had a change of heart and is giving her marriage to race car driver Dario Franchitti another go, according to Us Weekly. Franchitti is recovering from a scary on-the-job crash that left him with a broken ankle and two fractured vertebrae — and injured 14 other individuals — and Judd is said to have rushed to his side after the crash. "They are going to give it another try after he recovers," a source says. "His accident made her realize how much she loves him."

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Go to www.researchcancer.ca to view the program and to register by October 31st (limited seating).

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What you need to fuel that workout fire

Not sure what to eat before and after a workout to maximize all that iron-pumping and cardio-induced sweating? Use these tips from registered dietitian Dawn Jackson Blatner for maximum benefits.

METRO

Before your workout, eat:

Bananas
For a steady, long-lasting supply of energy, eat a banana right before you hit the gym. It contains 25 grams of carbohydrates, your body's preferred fuel source for exercise. Bonus: You'll also get a good dose of potassium, a key electrolyte that's lost through sweat.

Raisins
A new study shows that raisins work just as well as sports gels to fuel your muscles pre-exercise. Aim for two tablespoons — or about 30 to 40 raisins.

Pomegranate juice
Healthy compounds in pomegranate juice called polyphenols may help decrease muscle soreness, a recent study found. Drink four to eight ounces daily. Choose one that's 100 per cent juice.

Green tea
This healthy brew contains catechins, substances that may increase fat burning during exercise, according to research. Drink eight to 16 ounces of hot or iced tea before heading to your session.

If you're going to put in all that work at the gym you might as well do the right things to help yourself before and after your workout. ALL PHOTOS GETTY IMAGES

After a workout, eat:

A tuna sandwich
Your body's best exercise recovery combo is protein to repair muscles and carbs to replenish energy stores. Protein-rich tuna on whole-grain bread is the perfect post-workout pick-me-up. Bonus: The healthy omega-3 fats in tuna may also decrease muscle soreness.

Yogurt
Dairy foods such as yogurt are naturally rich in protein and carbs. For extra credit, choose two per cent yogurt — it contains Conjugated Linoleic Acid (CLA), which may accelerate fat burning. Try plain two per cent yogurt. Add a teaspoon of honey.

Tart cherries
A compound in tart cherries called anthocyanin may reduce muscle soreness and inflammation. Aim for half to one cup of the unsweetened frozen fruit or 100 per cent juice.

A green smoothie
A new study shows that a healthy compound in leafy green vegetables helps muscles work more efficiently. In a blender, purée one cup of leafy greens such as spinach, eight ounces of low-fat milk and half cup frozen berries and enjoy it after vigorous exercise sessions.

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Healthy eating

Go veg to lower your BMI count

Despite eating the same amount of calories, vegetarians tend to have lower BMI than non-vegetarians, with vegans being the most slender of all, according to researchers from Loma Linda University. The study noted that although low dietary intakes of vitamin B12 and D, calcium, n3 fatty acids, iron and zinc in strict vegetarians had been a concern, vegetarians' intake of these nutrients was above minimum requirements.

METRO

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APOTEX
ADVANCING GENERICS

Take this advice with a grain of salt

Group changing their recommendations.
2,000 mg of dietary sodium a day OK, say blood pressure experts in new guidelines

A group that advises doctors on how to best help patients prevent high blood pressure is shaking up its advice on the amount of sodium Canadians should get in their diets.

On Thursday, Hypertension Canada announced it has raised its recommended amount of daily sodium intake for most adults to 2,000 milligrams, the equivalent of roughly five millilitres or one teaspoon of salt.

The organization's recommendations task force — made up of almost 70 doctors, nurses, dietitians and other health professionals from across Canada — decided to raise the daily sodium target to 2,000 mg after reviewing the latest research about the effects of salt on blood pressure.

2,000 milligrams is the new standard for sodium consumption.
LARRY CROWE/THE CANADIAN PRESS

Previous recommendations advised Canadians aged 14 to 50 to limit their daily sodium consumption to 1,500 mg, those 51 to 70 to aim for 1,300 mg, and those 70 and older to ingest even less — 1,200 mg.

But task force co-chairman Dr. Raj Padwal said research shows that cutting salt intake to even 2,000 mg a day from 3,600 mg can significantly improve blood pressure levels.

"The second reason is that 1,500 or 1,300 or 1,200 ... it's simply not feasible because the average intake in the Canadian population is 3,400 milligrams, which is about a teaspoon and a half of salt."

In 2010, a sodium working group chaired by Health Canada advised Canadian adults to try to cut salt consumption by a third so they could reach a maximum of 2,300 mg a day by 2016. The group said 1,500 mg daily is considered adequate intake.

THE CANADIAN PRESS

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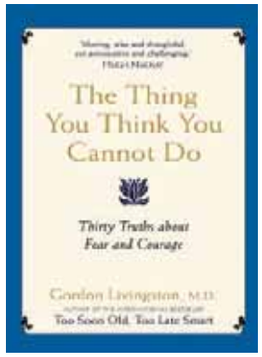
Dare not to scare easily and face that fear with a smile

Courage is key. New book The Thing You Think You Cannot Do encourages you to confront what frightens you the most



Dr. Livingston's book encourages its readers to confront their fears. ISTOCK

Psychiatrist Dr. Gordon Livingston is prescribing a heavy dose of courage, not pills, to combat a debilitating syndrome: fear.

In his book The Thing You Think You Cannot Do, now available in paperback, Livingston explains to us why we must depend on courage to survive.

You aim to invoke virtues rather than prescribe medicine. How do you implement that?
Although I do use medication for anxiety and depression, I think that we need to think about courage. The key — and that's why the book is titled The Thing You Think You Cannot Do — is to confront our fears. The cardinal rule of anxiety is that when we confront the things that make us anxious, they gradually decrease. Many people, for example, have so-called phobias: things that they can't do. They can't fly, they can't get on elevators; there are various things that people can be afraid of. But once those fears are confronted, systematically, they diminish. But if we react by avoidance, then our fears get worse. If we refuse to get on an airplane, then our lives are constricted.

So are we supposed to just dive right in? Or are there baby steps to decreasing fear?
Systematic desensitization is the way that we overcome those kinds of fears. If it's getting on an airplane, then one day we'll go the airport, and the next day we'll go to the boarding area. There are ways in which you can do this that will overcome anxiety in a way that you can tolerate. We have to get away from avoidance, because that causes the fears and the anxiety to increase.

How did your war experience in Vietnam influence your view of fear and the advice you give?
That's an example of a hazardous environment in which practically all normal people are apprehensive. You ask yourself, "What constitutes courage in that environment? What allows people to behave in courageous ways?" Part of it is training — that's one of the things that the military emphasizes — but it's hard to train a person to be willing to die for an idea. I think that what happens in the combat situation is people develop a kind of unit cohesion in which a sort of love develops among the participants, and it's important not to let down these people who are dependent on you.

What's an easy, everyday tip for facing your fears?
Have a sense of humour. The ability to laugh in the face of fear is another form of courage that needs to be cultivated. People who react out of fear don't make good decisions. METRO

Do you think you might have Seasonal Affective Disorder (SAD)?
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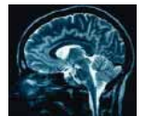

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COLD & FLU BASICS

GEORGE DOLGIKH/COLOURBOX

Many people confuse the flu with a bad cold — so what's the difference and how do you properly treat it?

In some ways they are similar, both influenza, commonly referred to as the flu, and the common cold are both viral respiratory infections, affecting the nose, throat and lungs.

They are spread from person to person through airborne droplets that are sneezed or coughed up by an infected person. In other cases, the viruses can be spread when a person touches an infected surface and then touches their nose, mouth or eyes. This is the reason why these illnesses are most easily spread in crowded conditions such as schools or the workplace.

But the flu and a common cold usually have different symptoms, and are associated with different complications.

"Influenza is associated with more serious complications when compared with the common cold," says Bowen Chen, Target Pharmacist. "It can lead to pneumonia or respiratory failure and can potentially be life threatening, so it has to be taken very seriously — this is especially relevant in at-risk populations such as the elderly or very young children."

In terms of symptoms, the flu is usually associated with a high fever, headaches, and aches and pains. Although stuffy nose, sneezing and sore throat can occur with both illnesses, these symptoms are more common in colds.

There are a variety of prescription and non-prescription medications that are useful for relieving symptoms and for controlling pain. Consult your pharmacist or healthcare professional to determine which medication is the right one for you. Antibiotics are not effective for the flu or a cold unless a bacterial infection develops. Antiviral medications may be helpful in reducing the duration of your flu, but they must be taken within 48 hours of developing symptoms.

– News Canada

KEEP YOUR IMMUNE SYSTEM STRONG

Along with cooler temperatures, fall also ushers in cold and flu season; tens of thousands of Canadians will soon be coughing, sneezing and feeling under the weather.

"The key to staying healthy during this time of year is to focus on prevention," says Sherry Torkos, a pharmacist and author of The Canadian Encyclopedia of Natural Medicine, who also offers tips on her website (sherrytorkos.com).

"And the key to prevention is to understand more about the common cold."

There are many effective prevention strategies for the common cold.

"Most important of all is maintaining a strong immune system," Torkos says. "That way, your body will fight off an infection before it gets out of control and makes you sick."

ISTOCK/THINKSTOCK

Perhaps the most popular immune-booster is Echinacea purpurea (purple cone flower). In 2012, scientists at the Cardiff University School of Biosciences completed the largest clinical study on Echinacea purpurea in history using Echinaforce®, a proprietary extract obtained from fresh organic plants developed and marketed by A.Vogel. The study found that this particular preparation of Echinacea was effective in modulating the immune system and in reducing the incidence and duration of cold symptoms.

Based in part on this finding, Health Canada recently approved Echinaforce® for both prevention and acute treatment of the common cold and flu, and deemed it safe to take as directed for up to four months. It's a great way to stay healthy during cold and flu season. A.Vogel is the premier supplier of over-the-counter natural products of the highest quality.

ISTOCK/THINKSTOCK

PROS ABOUT PROBIOTICS

The hustle and bustle of the holiday celebrations will soon be upon us. This time of year can be wonderful, but it also brings a certain amount of stress.

Last-minute shopping, family visits, kids running around the house and overcrowded shopping centres are exhausting just to think about.

All of that added stress can also affect your immune system. Hugs and handshakes represent golden opportunities for viruses, parasites and bacteria to join in the spirit of holiday sharing. You wonder how you will ever make it through the season without catching something.

And then you may ask yourself: Can probiotics really boost my immune system? The answer is yes.

According to dietitian and nutritionist Annie Jolicoeur, many clinical studies have demonstrated the benefits of probiotics in terms of preventing and treating the common cold, the flu, and gastroenteritis.

"Taking probiotics reduces the severity and duration of symptoms like fever, coughing, runny nose, and even diarrhea," she says. "Therefore, it is recommended that all members of the family take probiotics every day."

Maintaining a healthy intestinal flora helps to protect against the penetration of bacteria, parasites, and viruses, Jolicoeur says.

"Did you know that the intestinal mucous membrane acts as the cornerstone of your overall health? Two-thirds of the immune-defence cells in your body are found there. Therefore, your immune system is enhanced when you take probiotics."

She recommends you start taking probiotics at least two weeks before the holiday season begins so your body will be well-prepared to ward off the oncoming germ attacks.

– News Canada

NATURAL WAYS TO STAY HEALTHY THIS WINTER

Families are well aware of the importance of not overusing antibiotics.

The following are some natural ways that families can use to stay healthy.

Get eight to 10 hours of sleep per night. Try Liquid Ionic Magnesium at bedtime to help ensure a restful sleep. Wash hands frequently with antibacterial soap, and disinfect high-traffic areas at home and work.

Drink plenty of high antioxidant/enhanced vitamin C beverages such as Cardioflex Q10, available at all health stores.

Take Colflex Oral Spray for daily prevention and relief. Colflex has fast become the "go-to" product for families across Canada as their natural alternative.

Take oral spray vitamin D. Vitamin D3 is important to help boost the immune system during the low sunlight hours of winter. NutriMize Vitamin D Oral Spray is convenient for getting your "sunshine vitamin" while on the go.

Eat a high-protein breakfast. Breakfast is the most important meal of the day to help maintain your immune system and keep you from getting run down. The most important nutrient at breakfast time is protein, but how do you meet adequate amounts of protein (approximately 20 to 30 grams per person) on those busy mornings during your work or school week? If you are short of time to prepare eggs, etc., then make a quick and easy high-protein smoothie with Bodyflex AM or NaturePro vitamin/mineral fortified smoothie mixes.

For more information, please see innotechnutrition.com.

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More people than ever now use online dating. ISTOCK

More falling for online dating as it loses old stigma

Not all good. New research has revealed that the industry is growing but negative experiences are still common amongst users

Online dating is shedding its stigma as a refuge for the desperate, but people who use sites such as Match.com and eHarmony are still in the minority. Thirty-eight per cent of Americans who are "single and looking" say they've used an online dating site or mobile app, according to a new study.

The report from the Pew Research Center's Internet and American Life Project suggests that attitudes toward online dating "have progressed in a clearly positive direction." In fact, 59 per cent of Internet users agree that online dating is a good way to meet people. That's up from 44 per cent in 2005. As Americans shop, socialize and entertain themselves online, a growing number are turning to the Internet to find dates. Some 11 per cent of people who started a long-term relationship in the past decade say they met their partner online. Even so, only 10 per cent of Americans say they've tried online dating.

Online dating is most popular among men and women ages 25 to 34. Nearly a quarter of them have used online dating sites, compared with just 10 per cent of people in the 18 to 24 age group. For ages 35 to 44, it's 17 per cent and then the numbers fall steeply. Three per cent of those over 65 have dabbled in online dating.

Whites are slightly more likely to use dating sites than other ethnicities — 11 per cent compared with seven per cent for blacks and five per cent of Hispanics, according to the survey. People without a high school diploma were the least likely to use dating sites, while those who have completed "some college" were the most likely. While a relatively small fraction of people use online dating sites, forty-two per cent of Americans say they know someone who has, up from 31 in 2005. Among those 65 or older, the number grew to 24 per cent from 13 per cent.

Once upon a time, couples who found each other online felt compelled to spin alternate "how we met" tales, but that's no longer the case. Perhaps it's the result of changing attitudes. In 2005, 29 per cent of Internet users agreed that people on online dating sites were "desperate." In Pew's most recent study, that number fell to 21 per cent. But online dating isn't all chocolate hearts and red roses. More than half of online daters say they believe someone else "seriously misrepresented themselves" in an online dating profile. More than a quarter have felt uncomfortable or harassed by someone who contacted them.

The results of Pew's recent study aren't directly comparable to its 2005 report because the way surveyors count the "online dating population" has changed. There were no dating apps eight years ago. That said, the percentage of Americans who say they have used an online dating website grew from three per cent in 2008 to six per cent in 2009, and nine per cent this year. The 2013 telephone survey was conducted from April 17 to May 19 among a sample of 2,252 U.S. adults.

THE ASSOCIATED PRESS

More stats

- **Don't call it stalking.** One-third of Americans who use social networking sites use the sites to check up on somebody they once dated. The same is true for nearly half of those aged 18 to 29.
- **Top spots.** Match.com is the most popular dating site, according to the 2013 survey, just as it was in 2005. No. 2 this year is eHarmony. Yahoo Personals was in second place in 2005, but it no longer exists.
- **More long-term unions.** Twenty-nine per cent of respondents say they know someone who has been in a long-term relationship or married someone they met online, compared with 15 per cent in 2005.

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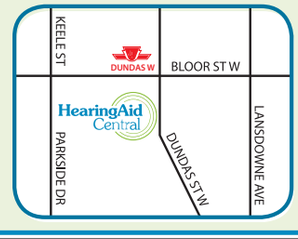


Chicken Quinoa 'Mac and Cheese': Healthy comfort food

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

This recipe serves six. ROSE REISMAN

Quinoa, the supergrain, has crept its way into every meal I can think of. In this variation of Mac and Cheese, you can use tofu or seafood for the chicken.

1. Preheat oven to 400 F (200 C).

2. In pot, add the quinoa and water. Bring to a boil, cover and simmer for 15 minutes or just until cooked. Set aside.

3. Meanwhile, dust the chicken with flour. In a skillet sprayed with vegetable oil, cook just until done, about 3 minutes. Add to the quinoa along with the sun-dried tomatoes and feta. Place into a 9-inch (23 cm) baking dish.

4. To make the sauce: In a saucepan, add the milk, stock, flour, mustard and salt and pepper. Whisk until the flour is mixed in and bring to a simmer. Cook for 3 minutes or just until slightly thickened, stirring constantly. Add 3/4 cup (185 ml) cheddar and 2 tbsp (30 ml) Parmesan. Whisk until smooth.

5. Pour over quinoa and mix.

6. To make the topping: Combine the topping ingredients and sprinkle overtop. Bake for 10 minutes or just until topping is browned.

Ingredients

- 1 cup quinoa
- 1 1/2 cups water
- 6 oz diced chicken breast
- 2 tbsp all-purpose flour
- 1/2 cup chopped rehydrated sun-dried tomatoes
- 1/3 cup crumbled reduced-fat feta cheese

Sauce

- 1 1/4 cups 2% milk
- 1/4 cup low-sodium chicken stock
- 2 tbsp all-purpose flour
- 1/2 tsp Dijon mustard
- pinch of salt and pepper
- 3/4 cup grated aged cheddar cheese
- 2 tbsp grated Parmesan cheese

Topping

- 1/3 cup panko or unseasoned dry breadcrumbs
- 2 tbsp grated aged cheddar cheese
- 2 tbsp grated Parmesan cheese
- 2 tsp olive oil

Dinner. White Chicken Chili with Lime

1. In nonstick skillet over medium, heat oil. Reduce heat to medium-low, add onion and red pepper, then cook 5 mins., or until onion is softened. Add chicken and cook, breaking up large pieces, until chicken is no longer pink, about 5 mins.

2. Add garlic, chili powder, flour, cumin and oregano and cook, stirring, 2 mins. Add white wine, if using, and broth in stream, whisking. Bring to boil and simmer 10 mins.

3. Meanwhile, use fork to mash 1 cup of beans. Add both whole and mashed beans and chilies to chili and simmer 10 mins. Stir in sour cream and cook until hot. Season with salt and pepper.

4. Ladle chili into bowls and accompany at table with scallions, cilantro, cheese and lime wedges.

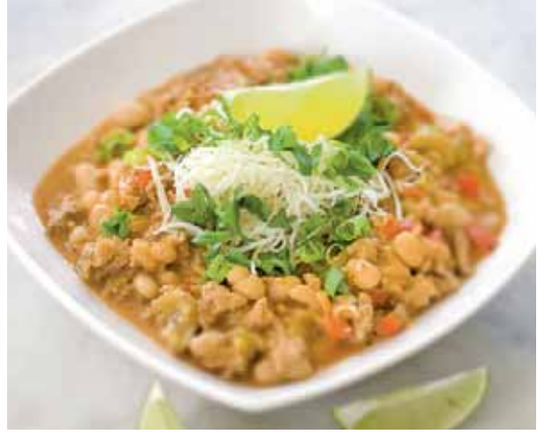
THE ASSOCIATED PRESS/SARA MOULTON, AUTHOR OF THREE COOKBOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY DINNERS.

Ingredients

- 1 tbsp vegetable oil
- 1 cup finely chopped onion
- 1 red bell pepper, cored and chopped
- 1 lb ground chicken
- 1 tbsp minced garlic
- 1 1/2 tbsp chili powder
- 1 tbsp all-purpose flour
- 1 tsp each ground cumin and dried oregano
- 1/2 cup white wine (optional)
- 1 1/2 cups low-sodium chicken broth (use 2 cups if not using the wine)
- Two 15 1/2-oz cans white beans, drained and rinsed
- 4 1/2 -oz can chopped green chilies
- 1/2 cup reduced-fat sour cream
- Salt and ground black pepper

To serve

- Chopped scallions
- Chopped fresh cilantro
- Grated low-fat Monterey Jack cheese
- Lime wedges



Health Solutions

Oats are more than porridge

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

As the weather cools, we start to crave mushy, warm comfort food.

It's only natural and nothing is more natural than oats.

Oats are grown in Canada, used by Canadians and exported around the world.

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Don't just settle for porridge, though, add oats in a multitude of ways.

- Whir rolled oats in a blender and use the powder in place of bread crumbs in burgers, meatballs and meat loaves.
- Use the same ground oats in smoothies and shakes.
- Bake traditional Scottish oatcakes instead of oatmeal cookies.
- Use a paste of warm oats as a skin soothing face mask.
- Place a handful into a cheesecloth or facecloth and let soak in a tub to soften skin. Rub sack on rough spots to soothe and exfoliate.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

NEW TECHNOLOGY DRIVES SUCCESS

SURE TRACK COURIER RELIES ON CUSTOM WIRELESS SOLUTION

A Toronto-based courier company relies on a customized mobile communications solution to increase profitability, reduce pollution and distracted driving.

Sure Track Courier provides Canadians delivery, freight and warehouse services.

Until a few years ago, Sure Track relied on two-way radios, cellphones and pagers to connect drivers and dispatchers. The company tried a partial interim solution that included modems and fleet-tracking software, but the system did not achieve the desired results. The fleet-tracking software offered limited reporting, for instance, and wasn't compatible with advanced dispatching tools. As a result, vehicles consumed excessive amounts of fuel, discharged unnecessary exhaust fumes, and the company faced mounting bills for needless use of toll roads.

"The old system was far from ideal," says Victor Pereira, sales and operations manager at Sure Track Courier. "For our drivers, talking with dispatchers can be distracting and time-consuming. By using digital, wireless technologies, we communicate only the information needed, precisely when it's needed."

ISTOCK/THINKSTOCK

To create a solution, Sure Track worked with Bell Mobility and Trak-iT Wireless, an independent software company. The result includes software that incorporates GPS technology and simultaneously manages dispatch, billing and warehousing information. Best of all, it meets the specific needs of Sure Track.

THE BELL ADVANTAGE

Bell business experts provided a unique set of wireless solutions that addressed Sure Track's business challenges. In addition to wireless expertise, the courier company benefited from the following Bell advantages:

- Canada's largest LTE network;
- Canada's trusted push-to-talk service;
- Global coverage in more than 200 countries;
- Dedicated small business specialist – 24/7 live technical support.

"About a month ago, an airline contacted us because it had a plane on a runway in Kentucky that needed a part from a manufacturer in Toronto," Pereira says. "The new mobile solution enabled us to dispatch the closest vehicle and track the delivery right to the tarmac. That made Sure Track look good to our client — the airline company — because they knew exactly how long their plane would be out of service and could plan accordingly."

BETTER COMMUNICATION IMPROVES THE BOTTOM LINE

According to Sure Track Courier's Victor Pereira, new software that incorporates GPS technology and simultaneously manages dispatch, billing and warehousing information generates savings in a number of areas.

"Guys sat in loading docks for hours, burning fuel," Pereira says. "Now we are able to see right on our screens whether the driver is idling or not. Our fuel costs are down by six to 10 per cent per month. Less idling means less wear and tear on our vehicles, saving on maintenance and extending their service life. It also means less pollution and fewer greenhouse gas emissions."

The company has also seen a significant decrease in its road-toll charges. Whenever a company vehicle enters a toll road, the fleet-tracking software sends an email alert, enabling dispatchers to redirect drivers as needed.

"Within the first month or two, the system cut our toll charges by thousands of dollars," Pereira says.

For drivers and dispatchers, the new system means fewer headaches and better communications.

"In our business, time is money," Pereira says. "And it's easy to waste time through communications. Now we can send only relevant information and make sure it arrives just as it's needed. Drivers can concentrate more on driving and get instant help in avoiding traffic jams and finding the best routes."

A user-friendly interface is a key reason for the solution's success.

"By working directly with Bell and Bell's partner Trak-iT, we were able to create something that drivers and dispatchers find easy to use," Pereira says.

ISTOCK/THINKSTOCK

"The system prompts a user to enter information in a logical order, for instance, and with a minimum of touches. And it generates meaningful accurate reports that enable us to plan and manage our business effectively. We know everything from where our vehicles are to the temperature inside of our trailers, which can be extremely important, depending on what's inside."

Why more small businesses switch to Bell:

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The Support

At Bell, you get a dedicated small business specialist who will recommend the right devices, plans, and mobile applications to help your business do more and make more.

The Savings

Take advantage of exclusive discounts with the Bell Business Advantage program. Your business can save up to $5,000 a year on everyday essentials like fuel, couriers, and office supplies when you sign up for a business service from Bell.[3]

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YOGA TREE OFFERS BLEND OF HEART, HEALTH

IN A SERENE AND ENLIGHTENING ATMOSPHERE

The adage "small, but mighty" most certainly applies to Yoga Tree, an independent yoga studio that has branched out since its opening in 2007.

Originally located in Thornhill, Yoga Tree has expanded to locations in midtown, downtown, and Richmond Hill, and is now gearing up to open a fifth location with 10,000 square feet and two floors of bliss-inducing yoga space.

The goal has always been to provide a serene, enlivening atmosphere. With its diverse range of classes and dynamic teachers, the four studios see approximately 3,000 students per week pass through its doors and experience the strength, stability, and relaxation that is unique to Yoga Tree.

"When we first started, we only had about five instructors and a few people at the front desk." says Yoga Tree co-founder Debbie Fung. "But I think that Jason (co-founder) and I have learned from feedback, responded to feedback, and customized the experience for students. Every single micro detail we took to heart, and I think that we're constantly evolving. It's still a very close-knit community."

Jason Lu, left, Yoga Tree co-founder, and Kim Hasselfeldt, senior yoga instructor.

CONTRIBUTED

The future is just as expansive. Yoga Tree is now pleased to become part of the technological era, releasing an app that will be available for iPhone and Samsung Galaxy, which will give users on-the-go information about workshops, events and tips on how to enhance your experience at the studio. There will also be a series of online classes available through Yoga Tree's YouTube channel that will allow students to enjoy their yoga practice at home.

With an "at home" vibe and a refreshing take on the world of health and fitness, Yoga Tree provides an upbeat, yet tranquil environment for its students, connecting mind, body, and soul in an innovative, evolutionary take on the ancient practice of yoga.

In anticipation of the new studio's opening, Yoga Tree would like to invite Metro readers to take a photo striking their favourite yoga pose in an area of Toronto where they think the studio will open and post it on their Twitter account for a chance to win a complimentary membership at Yoga Tree. Stay tuned for some upcoming hints to the studio's location as more information is unveiled.

For more, visit yogatree.ca.

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Popping the pre-nup question

Protecting your assets. Talking about finances may not be romantic, but experts say it's best to raise the subject early

VICKI SALEMI
Metro World News in New York City

When news broke this month about Kris and Bruce Jenner's separation, Steven Eisman, partner and director of the matrimonial law department at New York City's Abrams Fensterman, was surprised to hear they didn't sign a pre-nuptial agreement before their 1991 wedding vows.

"They both had a substantial net worth at the time of their marriage — they were both somewhat celebrities," he says. Years later, after clothing lines, endorsement deals and a reality show, their net worth will be an issue as they head to divorce court.

It's also surprising because the Jenners entered their union with children from former marriages. Eisman says pre-nups aren't unusual for second marriages, because people want to be able to take care of their children.

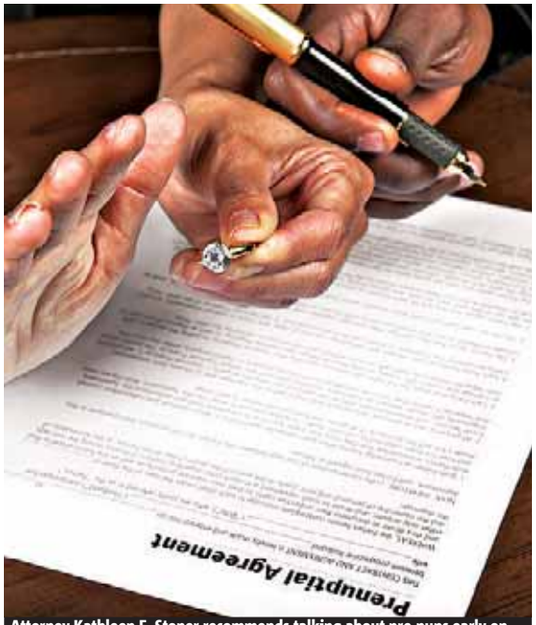
Kardashian empire aside, Eisman sees more and more couples walking down the aisle at a later age, which means they're more likely to have assets to protect. "They say, 'I love you forever and ever but in case it doesn't work, I don't want to share everything I acquired before we tied the knot.'" Sure, it's his job, but Eisman says it is indeed better to be prepared and realistic.

As for bringing up the sensitive topic with your spouse-to-be, Kathleen E. Stoner, attorney and co-author of Prenuptial Agreements: How to Write a Fair & Lasting Contract, recommends talking early on and suggests that couples sign the contract at least three months before the big day.

Although it's oh-so-unromantic to talk about finances and properties, she says any relationship will involve money, so the "best thing for people to do is to learn how to have those conversations in a loving way."

She also says that those conversations have to keep going throughout the relationship — it's wise to review the pre-nup every few years to see if it still makes sense. "Some pre-nups even include a commitment to doing that," she says.

Stoner says pre-nups are not for everyone, but she believes everyone should consider them and do their research. "Make a well-informed decision about (pre-nups) based upon the individual circumstances and the (jurisdictional laws)."



Attorney Kathleen E. Stoner recommends talking about pre-nups early on, and suggests couples sign the contract at least three months before their wedding day. ISTOCK

What could this cost me?

- Kathleen E. Stoner, attorney and co-author of Prenuptial Agreements: How to Write a Fair & Lasting Contract, says the cost of a pre-nup depends on how complicated it is and who drafts it.
- "High-end premarital agreements involving substantial assets could cost thousands of dollars. In contrast, simpler premarital agreements ... might run between $500 and $1,000."

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Keep old man winter's icy fingers out of your wallet by saving warmth and money

Top tips. Give your home an energy check and wrap up your water pipes to ensure spending less this cold season

With temperatures taking the inevitable dip this winter, households in Ontario will be doing what they can to prevent their energy bills from heating up.

According to Ontario's Independent Electricity System Operator, Winter 2013/2014 represents a period of forecasted peak demand, with an average daily need of 3,000 megawatts more than in late September, 2013.

So how do you keep those nasty winter bills in-check?

"Beyond the well-known benefits of making the switch to a natural gas-powered furnace, there are plenty of other ways to help keep the savings in your pocket," says Matthew Gibson, a spokesperson for the Ontario Natural Gas Alliance. "Even during the coldest months, managing home heating in a thoughtful way can result in reasonable bills." According to experts, there's a basic list of to-do's to ensure Old Man Winter doesn't raid your pocketbook:

Give Your Home An Energy Once-Over

Conducting an annual energy audit will help reveal spots around your home that are either guilty of leaking warm air to the outside or using more energy than necessary. For example, leaving bathroom exhaust fans on for too long will only serve to draw warm air outside the home. Programmable thermostats will also realize savings for energy conscious households.

Having a programmable thermostat will see you save money this winter. NEWS CANADA

Think H2O

What may surprise many is that water heating is the second largest use of energy after space heating (20 per cent versus 60 per cent, with appliances tracking in third at approximately 15 per cent). Ensuring pipes are insulated to prevent unnecessary heat loss, installing low-flow toilets and shower heads and using cold water for laundry can all help reduce your monthly energy bill. For those seeking further savings and efficiency, natural gas water heaters are an ideal choice (Ontario residents who use natural gas to heat their homes are already saving up to $400 per year).

Rack It Up

An indoor clothing rack for drying offers the same benefit as a summer clothesline: that of having no cost at all. Zippers won't snag, colours won't fade and bills won't sting as much, considering that dryers are often among the top energy users in any home. If space is tight, a natural gas-powered clothes dryer is also a great option, offering savings of over 75 per cent, just by switching. For more information, visit cleanandaffordable.ca. NEWS CANADA

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Nothing like the smell of a good statistic in the morning

Small businesses. Take advantage of our love affair with figures to grab media attention

YOUR MONEY
Alison Griffiths
money@metronews.ca

There are lies, damned lies and statistics, as the saying goes. Still, government, industry and the media alike all adore a good stat. Among the press-release dross that piles up in my inbox, nothing grabs my attention like a startling number that highlights some aspect of human behaviour from shopping to investing.

And clever use of stats is one way small businesses can attract media attention even without a marketing department.

"You can get much of what you need to build a numbers narrative by working the rich data in the websites of governments, associations, boards of trade and other knowledge repositories like universities and colleges," points out Margo Rapport, vice-president of communications for H2 Central, an integrated marketing and communications firm headquartered in Toronto.

"Dig deep for colourful facts and stats — and don't stop at surfing. Pick up the phone and ask questions. Your local reference library can also be a huge ally." Rapport notes that small business owners new to numbers-based promotion should remember that the story is the goal. "For some media, a news release works just fine. For others, like business and financial journalists, infographics make numbers come alive."

Infographics, an increasingly popular visual representation of statistics, can be expensive to construct, but many industry associations regularly publish them and most are happy to allow a business to use the research as long as credit is provided.

To find out what kinds of statistics end up in an article, Rapport recommends small-business owners research wire services such as Canada Newswire or Marketwired. "Many of them feature numbers-oriented narratives. They can also identify good research sources."

Another option for a more mature small business is hiring a professional to find the kind of numbers that will end up in a journalist's story. "Use $2,000 to $4,000 as a benchmark for working with an experienced professional, based on the estimated hourly rate and number of projected hours," advises Rapport. "Get interim research results and agree to put a cap upfront on searches that may be unproductive."

Even the smallest enterprise can take advantage of our love affair with statistics. And it doesn't have to cost a fortune.

Online resource

- H2 Central's Agora blog, h2central.ca/AgoraBlog, offers some fascinating takes on marketing and public relations for all kinds of businesses. It's definitely worth a look.

Do your research

"Dig deep for colourful facts and stats — and don't stop at surfing. Pick up the phone and ask questions. Your local reference library can also be a huge ally."

Margo Rapport, vice-president of communications for H2 Central

Illustrating statistics using charts or infographics can be a good way to get attention from business journalists. ISTOCK

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COMPARE THE MARKET TODAY!

Young entrepreneurs, sharpen your skills

It's all of your business. Christopher Novais is creating a link for the leaders of tomorrow

TAKARA SMALL
Metro News in Toronto
@takarasmall

Who: Christopher Novais, co-founder of The Art Of Productions conferences.

What: An annual conference series that features speakers from around the world.

Where: This year the event was held at 255 Front St. W., Toronto.

Advice: "Prepare for some failures (along the way) and that's not a bad thing," Novais says, "because you wont get the success you're looking for without failure."

Christopher Novais says that stories of solo business success are often lacking lessons about learning the how-tos beforehand.
CONTRIBUTED

E-laborate

• For more of Novais' tips and why starting your small business on your own isn't always the best idea visit metronews.ca/mom-and-pop-shops

For Christopher Novais his success was a culmination of three things: the right timing, the right product and the right business partner.

The co-founder of The Art of Productions, a media event that produces conferences about everything from small business to leadership, started the business with friend Scott Kavanagh.

At the time he was looking to start a business and was introduced to his now-business partner by a mutual friend and at the time felt like there was a "void" in the market they planned to enter.

Six years later Novais and his partner have managed to grow the business from one annual conference to four, produce a quarterly magazine and bring in famous speakers such as Colin Powell (ex-U.S. secretary of state), Brett Wilson (former star of CBC Dragons' Den) and American author Michael E. Gerber to speak to Canadians.

He has two pieces of simple and straight-to-the-point tips: Entrepreneurs need a great idea or product because, "If you have a great idea users will be advocates for the product," he says. "You can spend a lot of money on marketing, but if the product isn't good it'll never catch on."

The second tip for entrepreneurs is to become acquainted with "soft business skills," such as sales and marketing tactics, communication skills and the social norms for working in a business environment.

It's an overlooked skill that not every entrepreneur has mastered, but one that will help them grow, he says.

"People are shying away from talking to people and resorting to emails and voicemails, but I don't think anything will ever replace face to face" adding that "networking and communication are some of the best tools an entrepreneur can have."

The entrepreneur knew he always wanted to be his own boss one day and thanks his time working in a corporate environment for giving him the skills necessary to make the successful jump from employee to employer.

"I don't think I would be in the place I'm in if I hadn't worked in a corporate environment."

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Book-based curriculum seeks to shape highly effective pupils

Page to program.
Youthful version of Stephen Covey's 7 Habits of Highly Effective People shaking up schools

One year after Johnathan Kent kicked his principal and school "went all bad," the eight-year-old was recognized at a recent assembly as the "Star of the Month" for being polite and helping out his teachers.

The third-grader's explanation for the turnaround: "I'm not doing what I did last year."

But Emily Cross, the principal of Indian Trails Elementary on the outskirts of Kansas City, Mo., is giving some credit to a program the school began using last year that is built around the late self-help guru Stephen Covey's bestselling The Seven Habits of Highly Effective People. A 25th anniversary edition of the 1989 book will be released in November.

The nearly 1,500 mostly elementary schools using the program — called The Leader in Me — teach principles from the book, including "think win-win," "seek first to understand, then to be understood" and "synergize." Teachers, for example, might ask students how historical figures like George Washington might have used them.

And if a student gets into trouble, teachers and principals ask what habit could have helped him or her avoid the scrape.

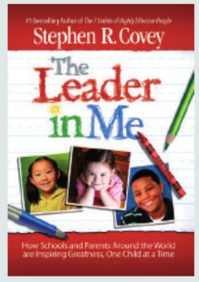
When Johnathan's principal asked the boy what habit led to his turnaround, he quickly responded, "Do first things first." He said he didn't finish his work last year.

Students typically are assigned leadership roles that range from class greeter to fish-tank cleaner. They also keep a leadership notebook in which they chart growth in an academic area. The notebooks also track a personal goal, such as the time spent learning to tie their shoes. Cross said the tracking is a big motivator for Johnathan.

"He sees that when I'm in class putting first things first, my dot on my graph is going up, and he's proud," Cross said. "He's very confident now, and he wasn't last year."

The Leader in Me, which has started branching out into preschools and middle schools, is one of "literally dozens" of programs seeking to improve the school climate, said Paul Baumann, director of the National Center for Learning and Civic Engagement at the Denver-based Education Commission of the States, a nonpartisan group that researches education policy. Sean Covey, executive vice-president at FranklinCovey and one of Covey's sons, said the company's goal is to have the Leader in Me program used in 10 per cent of U.S. schools. THE ASSOCIATED PRESS

Covey in the classroom



- The Leader in Me program got its start in 1999 when Muriel Summers, principal of A.B. Combs Elementary in Lexington, asked Covey whether he thought self-help habits could be taught to children.

What seven habits would you hone in your young ones? ISTOCK

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SPORTS 4

Raps barge back in OT to top Bargs' Knicks

NBA pre-season. Toronto bench seals victory in see-saw battle with New York

On Monday

Raptors	Knicks
123	120

Terrence Ross scored 27 points to lead the Toronto Raptors to a 123-120 double overtime victory over the New York Knicks on Monday in NBA pre-season action.

DeMar DeRozan had 21 points and seven rebounds in 29 minutes for Toronto (5-1), while Rudy Gay added 19 points and seven rebounds in 26 minutes. Kyle Lowry chipped in 11 points in 24 minutes of work.

Beno Udrih led the Knicks (2-3) with 19 points, while former Raptor Andrea Bargnani had 13 points and four rebounds.

Raptors starters DeRozan, Gay and Lowry, along with fellow starters Amir Johnson and Jonas Valanciunas, sat on the bench for much of the fourth quarter and the entire 10 minutes of overtime as Toronto's reserves were given a starring role in a dramatic finish before 15,701 fans at Air Canada Centre.

After the Raptors coughed up a seven-point lead in the first overtime, Ross hit a rainbow three-pointer at the buzzer to tie it 113-113 and send the teams into a second five-minute session.

Toronto power forward Tyler Hansbrough, who has already become a fan favourite since signing with the Raptors in the off-season, forced overtime with a dunk in the dying seconds. He took a pass at the top of the key, spun on his defender and waltzed to the basket. THE CANADIAN PRESS

Knicks forward Andrea Bargnani loses control of the ball under pressure from former teammate Rudy Gay on Monday night at Air Canada Centre.
ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

MLB. Leyland walking away from Tigers dugout

Jim Leyland sheds a tear at a press conference in Detroit on Monday
THE ASSOCIATED PRESS

A picture of Jim Leyland's face stared out from the video board at an empty Comerica Park, next to that familiar olde English "D" and a message that said simply: "Thank You Jim."

After eight seasons managing the Tigers, including three division titles and two American League pennants, Leyland stepped down Monday. His voice cracking at times, wiping away tears at others, he announced his departure two days after Detroit was eliminated by Boston in the AL championship series.

"It's been a thrill," the 68-year-old Leyland said during a news conference at the ballpark. "I came here to change talent to team, and I think with the help of this entire organization, I think we've done that. We've won quite a bit. I'm very grateful to have been a small part of that."

Leyland made his managerial debut with the Pittsburgh Pirates in 1986, and from Barry Bonds to Miguel Cabrera, he's managed some of the sport's biggest stars and been involved in some of baseball's most memorable games over the past quarter-century.

He expects to remain with the organization in some capacity after going 700-597 as Tigers manager.
THE ASSOCIATED PRESS

Aaron Hernandez trial

Judge rejects recusal request

The judge in the Aaron Hernandez murder case has declined to recuse herself, saying she has no bias against prosecutors.

Prosecutors asked Judge Susan Garsh to step aside, alleging she and prosecutor William McCauley have a "history of antagonism" stemming from a 2010 murder trial. THE ASSOCIATED PRESS

Adrian Peterson

Man indicted in death of Vikings star's son

A South Dakota man accused in the death of the young son of Minnesota Vikings running back Adrian Peterson has been indicted on second-degree murder and manslaughter charges, prosecutors said Monday.

Joseph Robert Patterson, 27, is expected to be arraigned later this week in the death of two-year-old Tyrese Robert Ruffin, who died two days after being hospitalized with severe head injuries.
THE ASSOCIATED PRESS

World Series

Lester to start Game 1 in Boston

Red Sox left-hander Jon Lester will start Game 1 of the World Series against the St. Louis Cardinals.

That was the word on Monday from Boston manager John Farrell. Adam Wainwright is expected to start for the Cardinals when the Fall Classic gets underway in Boston Wednesday night. THE ASSOCIATED PRESS

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Leafs head coach Randy Carlyle speaks to players at practice at the Mastercard Centre on Monday. Carlyle will face his former team, the Anaheim Ducks, on Tuesday night. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

Cooler coach Carlyle to face former team

NHL. Bench boss has become less prickly, more personable since joining Leafs, players say

"Who are we playing?"

That was Randy Carlyle's deadpan answer Monday when asked about Tuesday night's opponent, the Anaheim Ducks, as the Leafs attempt to put the brakes on a two-game losing skid.

Carlyle coached Anaheim from 2006 to 2012, including their Stanley Cup-winning team in 2007. No Ducks coach has ever had more success.

It's the most-hyped midweek game against a Western Conference foe in a long time. Heck, the Leafs have only faced Anaheim 32 times since the Ducks entered the NHL in 1993.

So does the coach want to thump the franchise that dumped him after a 7-13-4 start to the 2011-12 season? You bet he does. Carlyle doesn't say it, but the Leafs can sense it.

"You know ... he wants this win badly, and we as players want to win it for him. They let him go and we picked up on him here, that kind of thing," said Troy Bodie, one of several Leafs with ties to the franchise, including GM Dave Nonis and assistant coach Dave Farrish.

Talk turned to Carlyle and differences between his coaching styles then and now. Words such as "prickly" and "crusty" were used to describe him when he first joined the Leafs.

Longtime foe

"We've played a lot of hockey together and against each other."

Randy Carlyle on current Ducks coach Bruce Boudreau, whom he played with in the OHA.

Carlyle has been anything but, as it turned out.

What's the biggest difference in the coach? Carlyle says he's learned things along the way, but beyond the expected lessons, he's matured his approach to relationships with his players.

"He's changed quite a bit ... coming in, chatting with guys," said Joffrey Lupul, a former Ducks player under Carlyle.

TORSTAR NEWS SERVICE

NHL

Detroit backup named first star

Detroit goaltender Jonas Gustavsson has earned NHL first star of the week honours after winning in his first three appearances of the season.

Pittsburgh captain Sidney Crosby earned second star honours, while San Jose forward Patrick Marleau was named the week's third star.

Gustavsson posted a 3-0-0 record over the week with a 1.67 goals-against average and .953 save percentage in helping the Red Wings (6-3-0) move into first place in the Atlantic Division.

THE CANADIAN PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Detroit	10	6	3	1	24	24	13
Toronto	9	6	3	0	30	22	12
Boston	7	5	2	0	20	10	10
Montreal	8	5	3	0	26	15	10
Tampa Bay	8	5	3	0	26	21	10
Ottawa	8	3	3	2	21	24	8
Florida	9	3	6	0	20	32	6
Buffalo	10	1	8	1	13	28	3

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	9	7	2	0	31	20	14
Carolina	9	4	2	3	22	26	11
NY Islanders	8	3	3	2	25	23	8
Columbus	8	3	5	0	19	22	6
Washington	8	3	5	0	21	25	6
New Jersey	8	1	4	3	17	26	5
NY Rangers	7	2	5	0	11	29	4
Philadelphia	8	1	7	0	11	24	2

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	9	8	1	0	28	12	16
Chicago	8	5	1	2	23	19	12
St. Louis	7	5	1	1	27	19	11
Nashville	9	5	3	1	19	22	11
Minnesota	9	3	3	3	19	22	9
Winnipeg	9	4	5	0	22	25	8
Dallas	8	3	5	0	20	28	6

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	9	8	0	1	40	16	17
Anaheim	8	7	1	0	30	19	14
Phoenix	9	5	2	2	27	26	12
Los Angeles	9	6	3	0	24	22	12
Vancouver	10	5	4	1	27	29	11
Calgary	7	3	2	2	23	26	8
Edmonton	9	2	6	1	26	36	5

Note: Two points for a win, one point for overtime loss.

Monday's results
San Jose 1 Detroit 0 (SO)
Colorado 1 Pittsburgh 0
Calgary at Los Angeles
Sunday's results
Columbus 3 Vancouver 1
Anaheim 6 Dallas 3
Nashville 3 Winnipeg 1
Tuesday's games
All Times Eastern
Anaheim at Toronto, 7 p.m.
Vancouver at NY Islanders, 7 p.m.
New Jersey at Columbus, 7 p.m.
Chicago at Florida, 7:30 p.m.
Edmonton at Montreal, 7:30 p.m.
Washington at Winnipeg, 8 p.m.
Nashville at Minnesota, 8 p.m.
Calgary at Phoenix, 10 p.m.
Wednesday's games
Ottawa at Detroit, 7:30 p.m.
Boston at Buffalo, 8 p.m.
Thursday's games
San Jose at Boston, 7 p.m.
Vancouver at New Jersey, 7 p.m.
NY Rangers at Philadelphia, 7 p.m.
Anaheim at Montreal, 7:30 p.m.
Chicago at Tampa Bay, 7:30 p.m.
Carolina at Minnesota, 8 p.m.
Winnipeg at Nashville, 8 p.m.
Calgary at Dallas, 8:30 p.m.
Washington at Edmonton, 9:30 p.m.
Phoenix at Los Angeles, 10:30 p.m.

MLB PLAYOFFS

WORLD SERIES
(Best-of-7)

ST. LOUIS VS. BOSTON

Wednesday's game
St. Louis at Boston 8:07 p.m.
Thursday's game
St. Louis at Boston 8:07 p.m.
Saturday's game
Boston at St. Louis 8:07 p.m.
Sunday, October 27
Boston at St. Louis 8:15 p.m.
Monday, October 28
Boston at St. Louis 8:07 p.m.
Wednesday, October 30
St. Louis at Boston 8:07 p.m.
Thursday, October 31
St. Louis at Boston 8:07 p.m.

CFL

WEEK 17

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
x-Toronto	16	10	6	0	451	414	20
x-Hamilton	16	8	8	0	389	437	16
x-Montreal	16	7	9	0	412	424	14
Winnipeg	16	3	13	0	333	512	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
x-Calgary	16	13	3	0	513	362	26
x-Saskatchewan	16	11	5	0	468	339	22
x-B.C.	16	9	7	0	435	425	18
Edmonton	16	3	13	0	362	450	6

Thursday's game — All Times Eastern
Winnipeg at Toronto, 7:30 p.m.
Friday's game
Edmonton at B.C., 10 p.m.
Saturday's games
Montreal at Hamilton, 1 p.m.
Saskatchewan at Calgary, 7 p.m.

NFL

WEEK 7

Monday's result
Minnesota at N.Y. Giants
Sunday's results
Cincinnati 27 Detroit 24
San Diego 24 Jacksonville 6
Carolina 30 St. Louis 15
Washington 45 Chicago 41
N.Y. Jets 30 New England 27
Buffalo 23 Miami 21
Dallas 17 Philadelphia 3
Atlanta 31 Tampa Bay 23
San Francisco 31 Tennessee 17
Green Bay 31 Cleveland 13
Kansas City 17 Houston 16
Pittsburgh 19 Baltimore 16
Indianapolis 39 Denver 33

MLS

Sunday's results
New York 3 Houston 0
Los Angeles 0 San Jose 0
Wednesday's game
Chivas USA at Real Salt Lake, 9 p.m.
Saturday's games
Kansas City at Philadelphia, 3 p.m.
Montreal at Toronto FC, 4 p.m.
FC Dallas at San Jose, 5:30 p.m.
Portland at Chivas USA, 10:30 p.m.
Sunday, October 27
Houston at D.C., 1:30 p.m.
New England at Columbus, 4 p.m.
Chicago at New York, 5 p.m.
Colorado at Vancouver, 8 p.m.
Los Angeles at Seattle, 9 p.m.

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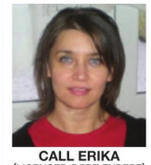

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♈ Aries
March 21 - April 20
You are under no obligation to continue with a relationship or partnership that has turned into a liability. The Sun's imminent change of signs means a parting of the ways may be the only solution.

♉ Taurus
April 21 - May 21
You won't change your opinions to please another person for any reason and the sooner they get it through their head, the better. Maybe you should keep some distance between the two of you today.

♊ Gemini
May 22 - June 21
You will come up against an obstacle today and you could easily lose heart. But don't throw in the towel because there is always an answer if you look for it. No luck? Try looking in the opposite direction.

♋ Cancer
June 22 - July 23
The planets suggest someone in authority is making life tough for you. So what do you do about it? Nothing. The Sun's change of signs tomorrow will bring a change of focus that resolves both personal and professional issues.

♌ Leo
July 24 - Aug. 23
If you have any errands to run then you should get them out of the way because within a matter of days, maybe hours, you won't be able to move as freely as you can now.

♍ Virgo
Aug. 24 - Sept. 23
Don't keep interesting news to yourself today just because you can't see how spreading it around will help other people.

♎ Libra
Sept. 24 - Oct. 23
If you are convinced that a certain course of action is right then go ahead with it. But if there are doubts then hold back. There may not be money at stake today but there will be tomorrow.

♏ Scorpio
Oct. 24 - Nov. 22
Something you have been dreaming of is about to come true but there will be strings attached. A dream it may be but that does not mean you can ignore reality. Keep your feet on the ground.

♐ Sagittarius
Nov. 23 - Dec. 21
It's an important time for money matters, so don't rush into anything that you're not 100 per cent certain you can control. The last thing you need is to get yourself into debt.

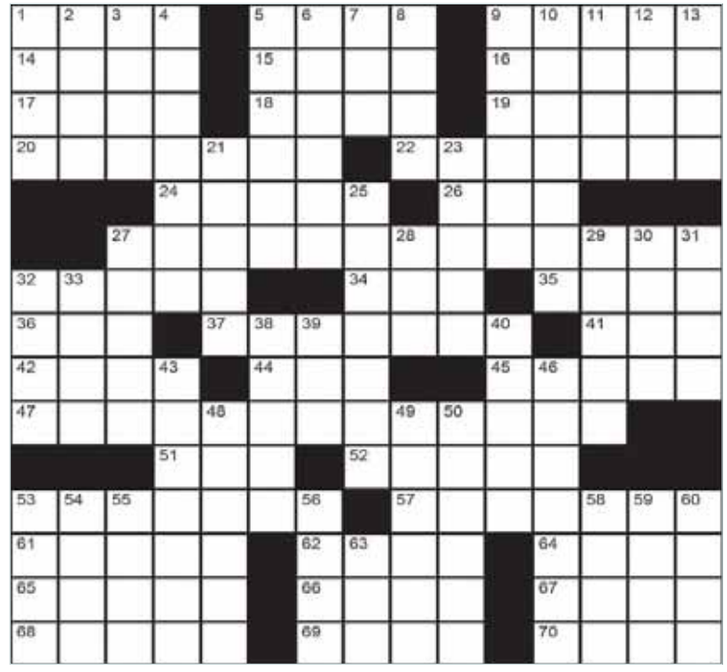
♑ Capricorn
Dec. 22 - Jan. 20
You may be convinced that you can do as you please and no one can stop you but is that really the case? The Sun's impending change of signs warns that even friends may desert you if you go too far.

♒ Aquarius
Jan. 21 - Feb. 19
The Sun is about to cross the career angle of your chart, giving your ambitions a much-needed boost. Don't take the support of powerful people for granted though.

♓ Pisces
Feb. 20 - March 20
Not everyone thinks you act from the best of motives. What can you do to improve your image? One thing, surely, is to be a bit more sociable. Go on, you can do it. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Informal food
5. Catch ___ ('Get')
9. "This isn't _ __." (Get real)
14. Great Big Sea's "__-Mac"
15. Gather
16. Frankie Goes to Hollywood hit
17. __-drop
18. Owed-money
19. Baseball cap wearing filmmaker Michael
20. Activated again, as a membership
22. Goal-getting athletes
24. "__ _ for Murder" (1954)
26. Embrace
27. Animated Mountie of '60s TV: 2 wds.
32. Oprah's production company
34. Fashion designer, Anna __
35. Mischa of "My Man Godfrey" (1936)
36. Bear, in Barcelona
37. Stays put during the Fall-following season
41. Get a nose like Pinocchio
42. Graduation cap birds
44. Knowledgeable letters
45. __-eyed
47. Sudbury-born activist who ignited the movement for women's rights in Canada in the 1900s: 2 wds.
51. Mariner's dir.
52. Gulf of __ Lawrence
53. Quebec, __ __ Province
57. "The Queen __ Show"
61. Fragrance
62. Nero's 1041
64. Canuck political party member
65. London. New York. Paris. __.
66. 'Victor' suffix
67. Home office accessory
68. Insipid
69. Tina Turner's "Better Be Good __ __"
70. Other

Down
1. Mini military man
2. Arctic __ (Northern-hopping critter)
3. "So, are you out __ __ then?"
4. Used a Bounty paper towel: 2 wds.
5. Trying event
6. "Drop the __" by Maestro Fresh Wes
7. Keyboard key
8. Selects
9. Knight's outfit, Suit of __
10. Country duo, Florida __ Line
11. Jar of cream stuff
12. A.A. Milne book, Chloe __
13. Past partners
21. Sports __ (Arm-chair quarterback's spouse)
23. Religious songs group
25. Some seers
27. Whimsically funny
28. Expected
29. Russian forced labour camp
30. __ to the throne
31. Deuce-ace
32. Blind Melon singer Shannon
33. "Even __ __ speak..."
38. "_ __ Fine" by The Beatles
39. 'Pseudo' suffix
40. __ driving
43. Canadian brewer since 1834
46. Grant the right to
48. From the shore
49. Canadian actor, __ Keith Rennie
50. Mediate
53. One of Mary's flock
54. Seed coat
55. Gaucho's weapon
56. Send forth
58. Young horse
59. Sleeves
60. Build-up talk
63. Losing tic-tac-toe line

Yesterday's Crossword

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	2		4		1		9	
	9	5				8	6	
8								7
		1	8	3	2	7		
		4	9	1	6	5		
5								9
	8	2				4	5	
	1		6		8		7	

Yesterday's Sudoku

6	4	3	9	5	1	7	8	2
8	9	7	3	2	4	6	5	1
5	2	1	6	7	8	3	9	4
4	8	9	7	3	5	2	1	6
1	3	2	8	6	9	4	7	5
7	5	6	1	4	2	8	3	9
3	1	8	2	9	6	5	4	7
2	7	4	5	1	3	9	6	8
9	6	5	4	8	7	1	2	3

Today
9°/3°
Variable

Wednesday
8°/2°
Partly sunny

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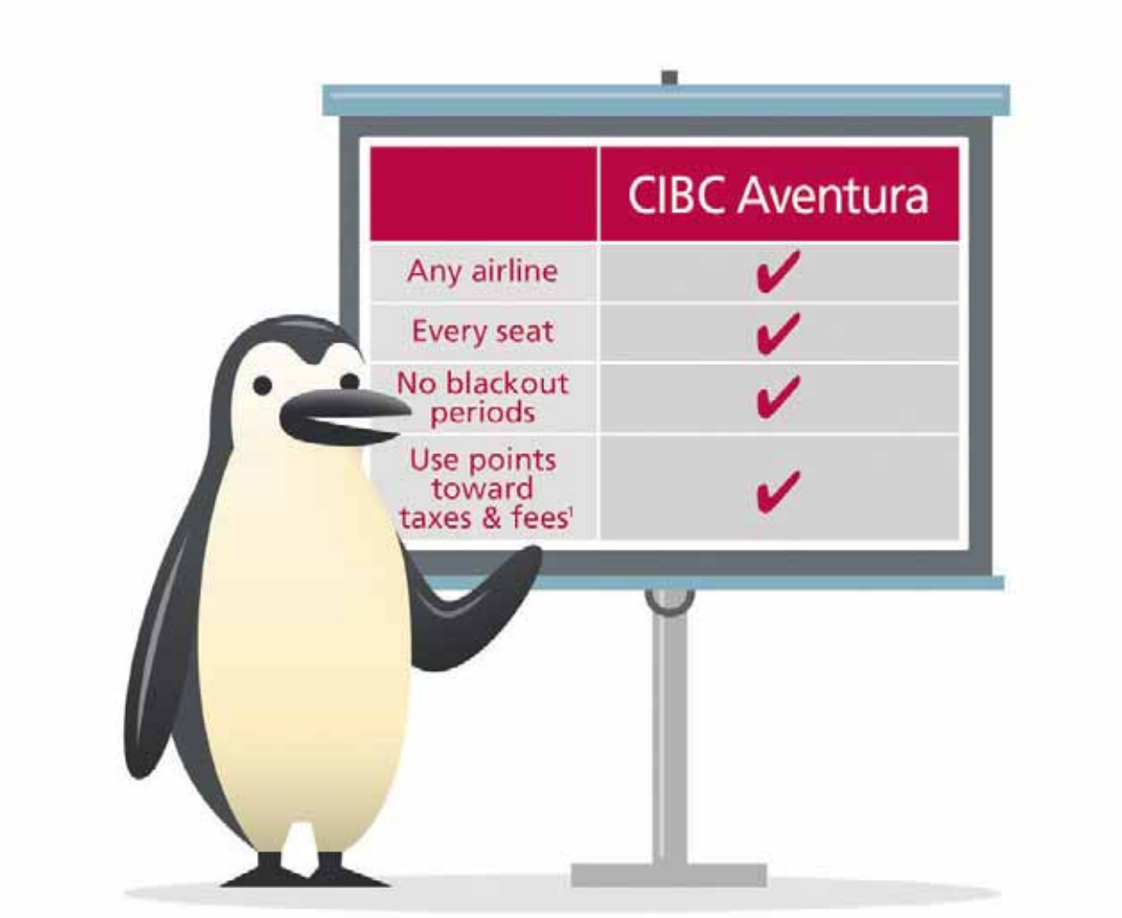

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